

Huevos Rancheros

Fried eggs on warm tortillas, smothered in smoky tomato chile salsa

SERVES

2

PREP

10 min

COOK

20 min

LEVEL

Easy

PER SERVING

650 kcal, 27 g protein

Ingredients

4 large (about 200 g) eggs

4 small (about 120 g total) corn or flour tortillas

3 medium (300 g), roughly chopped Roma tomatoes

1 small (100 g), finely diced white onion

2 (30 g), seeded and finely diced green finger chiles

2 (10 g), minced garlic cloves

1 can (400 g), drained and rinsed canned black beans

1/2 tsp (1.5 g) dried oregano or dried thyme

4 tbsp (60 ml), divided neutral oil

to taste salt

15 g, roughly chopped fresh cilantro

Method

- 1 Heat 1.5 tbsp oil in a medium saucepan over medium heat. Add onion, chiles, and garlic; cook, stirring, until soft and fragrant, about 3 minutes.
- 2 Add tomatoes and oregano; cook, stirring occasionally, until tomatoes collapse and the sauce thickens and no longer looks watery, 6 to 8 minutes. Season with salt.
- 3 In your pan, warm beans with 0.5 tbsp oil over medium heat, mashing roughly with a fork, until hot and spreadable, 2 to 3 minutes. Season. Tip into a bowl and cover.
- 4 Wipe the pan dry; heat over medium-high. Warm each tortilla 20 to 30 seconds per side until pliable with small brown spots. Stack on a plate and cover with a tea towel.
- 5 Add remaining 2 tbsp oil to the same pan over medium heat. Crack in all 4 eggs; fry until whites are fully set and edges are golden but yolks still wobble, 2 to 3 minutes.
- 6 Divide tortillas between 2 plates (2 each). Spread warm beans over, top with 2 eggs per plate, spoon salsa generously over everything, and scatter cilantro. Serve immediately.

CHEF TIP

Warm the tortilla until just pliable, not crisp. A soft tortilla soaks up the salsa without cracking when you scoop.

WHY A GOOD EGG SHOWS HERE

A golden yolk with a firm white holds its shape on the tortilla. It bleeds into the salsa when pierced, deepening every spoonful with rich flavour.



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