

Migas con Huevo

Crispy tortilla chips scrambled with fresh tomato and egg

SERVES

2

PREP

15 min

COOK

12 min

LEVEL

Easy

PER SERVING

440 kcal, 18 g protein

Ingredients

4 large (about 200 g) eggs

80 g (3 large handfuls), roughly broken unsalted corn tortilla chips

2 medium (200 g), finely diced tomatoes

1/2 small (60 g), finely diced white onion

1 (about 15 g), deseeded, finely chopped green chili

2 cloves (8 g), finely minced garlic

1 tbsp (15 ml) vegetable oil

1/4 tsp (1 g) ground cumin

small handful (10 g), roughly chopped fresh cilantro

to taste salt

Method

- 1 Crack all 4 eggs into a bowl, add a pinch of salt, and whisk until fully combined with no yolk streaks visible. Set aside.
- 2 Heat oil in a medium non-stick pan over medium heat. Add the onion and green chili and cook, stirring, until the onion is soft and translucent, 3 to 4 minutes.
- 3 Add the garlic and cumin. Stir and count 30 seconds exactly. The garlic must not turn golden at all; pull to the next step the moment you see any colour at the edges.
- 4 Add the diced tomatoes and a small pinch of salt. Cook, stirring occasionally, until the tomatoes collapse to a thick paste and no liquid pools anywhere on the pan, 4 to 5 minutes.
- 5 Keep cooking in 1-minute bursts if any liquid remains. The pan must look dry before you add the chips or the eggs will be watery.
- 6 Add the broken tortilla chips. Fold gently until every piece is coated. Cook exactly 30 seconds, then move on; do not wait for a visual cue.
- 7 Reduce heat to medium-low and pour in the whisked eggs. Gently fold from the edges inward until the eggs are just set, soft and glossy with no wet pools remaining, 2 to 3 minutes.
- 8 Pull off heat immediately, scatter cilantro over the top, and serve straight from the pan.

CHEF TIP

Pull the pan off heat the moment no liquid egg remains. Residual heat finishes them perfectly. Return to the stove and they turn rubbery.

WHY A GOOD EGG SHOWS HERE

In migas the egg is the only sauce: it coats every chip and every piece of tomato. A rich golden yolk turns that coating deep and flavourful; a pale watery egg makes the whole pan taste flat.



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