



Mexican Eggs on Toast (Serves 4)

A hearty take on the Mexican breakfast dish 'Huevos Rancheros' served on toast.

Ingredients

- 4 eggs
- 1 tin chopped tomatoes
- ½ tin mixed beans, drained
- 1 tsp dried chilli or chilli powder
- 2 handfuls of spinach (optional)
- Pinch of pepper
- 4 slices wholemeal bread or any bread available, toasted

Method

1. Add tomatoes, beans, chilli and pepper to a frying pan and simmer for 5 minutes
2. Stir through the spinach for 1-2 minutes until it starts to wilt
3. Make 4 small wells in the mixture and crack an egg into each well
4. Cook for 4-5 minutes until eggs are done to your liking
5. Whilst eggs are cooking toast the bread
6. Serve the Mexican eggs on top of toast

Nutrition

This breakfast provides a variety of nutrients including fibre, protein and carbohydrates. The chopped tomatoes are a good source of Vitamin C. Spinach provides us with Vitamin K, Vitamin A and Iron, a nutrient essential for making red blood cells which help carry oxygen around the body.

Nutrition per portion - 243g

Energy 289kcal	Fat 8.7g	Saturates 2.2g	Sugars 8.5g	Salt 0.9g	Protein 20.1g	Carbs 29.4g	Fibre 6.7g
14%	12%	11%	9%	15%	40%	11%	-

% of an adult's reference intake