BREAKFAST

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

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<th>% of an adult’s reference intake</th>
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<tr>
<td>Energy 289kcal 14%</td>
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<td>2.2g 11%</td>
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<td>0.9g 15%</td>
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<td>29.4g 11%</td>
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