



MEXICAN CHILLI BAKED EGGS

Categoria: Main Courses **Tempo di preparazione:** 10 minutes **Difficoltà:** molto facile


Ingredienti per 4

- 1 tbsp oil
- 1 onion, sliced (190g)
- 2 green chillies, 1 finely chopped, 1 sliced
- 1 tsp mild chilli powder
- ½ tsp ground cumin
- 400g can black beans, drained and rinsed
- 400g can chopped tomatoes
- 4 medium eggs
- Sliced avocado, soured cream and coriander to serve

Preparation time: **10 minutes**

Cooking time: **20 minutes**

Serves: **4**

Method

Heat the oil in a large ovenproof frying pan and fry the onion and chopped chillies for 5 minutes.

Stir in the spices and cook for 1 minute.

Stir in the beans and chopped tomatoes with 100ml water and simmer for 5 minutes.

Make 4 hollows and crack an egg into each.

Scatter over the sliced chilli and bake for 8-10 minutes until the egg white has just set.

Serve topped with avocado, soured cream and coriander.

Cooks tip: Serve with crusty bread to mop up all the sauce.

