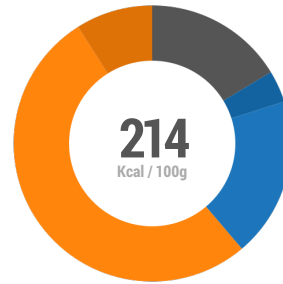


Huevos Rancheros

Toasted flour tortilla, spiced refried beans, chorizo, guacamole, fried free range egg

By Mark Irish from Brakes

Overview ...



CALORIES:

22.5% Carbs

16.4% Protein

61.2% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



SESAME

Recipe Ingredients ...

	Quantity:	Description:
111263 La Boulangerie 8" Tortilla Wraps - BRAKES	40g	1x Each
11196 Sysco Classic Tomato Salsa - BRAKES	30g	
119960 Mexican Guacamole - BRAKES	30g	
21820 Santa Maria Refried Beans Mild 415g - BRAKES	50g	
74791 Cooking Chorizo - BRAKES	50g	
113885 Herb Bunched Coriander - BRAKES	5g	
85288 Brakes Crushed Chillies - BRAKES	2g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1x Each
350094 Brakes Sunflower Oil - BRAKES	15g	0.01x Each

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 278g / 604kcal

1

Cooking Instructions & Notes

Preparation:

Defrost the wrap

Defrost the guacamole

Remove the skin from the chorizo & roughly dice

Roughly chop the coriander

Method:

1. Add 5ml of the vegetable oil to a shallow pan and put onto a moderate heat
2. Place the wrap into the pan and cook on each side for approx. 30 secs - remove from the pan
3. Put the pan back onto a moderate heat and add the chorizo, gently warm releasing the oils, stir frequently & cook for about 2 mins until golden brown
4. Next add the refried beans & salsa and cook out for a further minute - set aside
5. Place another shallow pan onto a moderately high heat, add the rest of the oil & cook the egg in this
6. Place the wrap onto your chosen dish, spoon on the guacamole and spread evenly over the wrap
7. Add the chorizo/beans mix and finish with the coriander & chillies
8. Top with the fried egg - serve!