

Mexican Eggs

Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Gluten, Refined Starches, No Added Sugars
- Could be made low in FODMAPs – use tolerated vegetables and stock/oil

Easy Swaps

- Onion with Leek or Garlic infused oil
- Bone Broth with oil

A one pan, low fuss breakfast or brunch that is packed with veggies
Serves 2

½ cup of bone broth or suitable stock
1 large onion – diced
1 teaspoon of oregano – dried
1 bay leaf
½ teaspoon of cumin
½ -1 teaspoon of smoked paprika
1 cup of pumpkin or sweet potato – peeled and diced
4 large tomatoes – diced
1 cup of mushrooms – sliced (optional)
2 eggs
Salt and Pepper to taste
Generous handful of your favourite fresh herbs like coriander, parsley and oregano – chopped



Method

1. Heat a frypan and add bone broth
2. Add onion and dried spices. Allow to cook for a few minutes
3. Add pumpkin and tomatoes. Allow to cook for 10-15 minutes or until pumpkin is starting to soften and a good portion of the liquid has evaporated (mixture is starting to thicken a little)
4. Add mushrooms & stir the mixture
5. Make 2 little wells (holes) in the hot mixture with a spoon
6. Carefully crack an egg into the well (one egg per well)
7. Allow the egg to poach (try to avoid stirring the mixture) for 3-5 minutes or until set to your liking. Turn the heat down to avoid the other ingredients sticking if necessary, whilst the eggs are cooking
8. Remove bay leaf
9. Sprinkle with fresh herbs, salt, pepper and serve

Star Nutrients

Protein, Fibre
Iron, Zinc, Potassium,
Vitamins C, A, E, B vitamins
Over 3 Serves of Veggies for each portion