



Crispy Taco Huevos Rancheros with Chorizo, Feta and Black Beans

Brunch 30 Minutes • Medium Spice • 1 of your 5 a day

3A



Chorizo



Black Beans



Chipotle Paste



Tomato Puree



Finely Chopped
Tomatoes with
Onion and Garlic



Lime



Chives



Feta Cheese



Soft Shell Taco

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Sieve, Bowl, Potato Masher, Measuring Cup, Zester, Baking Tray.

Ingredients

	Quantity
Chorizo**	90g
Black Beans	1 carton
Chipotle Paste	1 sachet
Tomato Puree	1 sachet
Finely Chopped Tomatoes with Onion and Garlic	1 carton
Water for the Beans*	100ml
Lime**	1
Chives**	1 bunch
Feta Cheese 7)**	50g
Soft Shell Taco 13)	4
Egg* 8)	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	630g	100g
Energy (kJ/kcal)	3372 /806	535 /128
Fat (g)	38	6
Sat. Fat (g)	14	2
Carbohydrate (g)	69	11
Sugars (g)	15	2
Protein (g)	44	7
Salt (g)	6.24	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Start the Prep

Preheat your oven to 200°C. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **chorizo** and fry until it starts to brown, 3-4 mins. Drain and rinse the **black beans** in a sieve. Pop **half the beans** into a bowl and roughly mash with the back of a fork or a potato masher. Transfer **half the chorizo** to a bowl and set aside. Stir the **chipotle paste** and **tomato puree** into the frying pan, cook, stirring, for 1 min. **TIP:** Add less chipotle paste if you don't like too much heat.



Bake the Tacos

Five minutes before the **beans** are ready, lightly **oil** another baking tray and pop the **tacos** onto the tray in a single layer. Drizzle on some **oil** and season with **salt** and **pepper**. Bake in the oven on the middle shelf until crisp and golden, 4-5 mins. **TIP:** Watch they don't burn.



Make the Beans

Add the **chopped tomatoes** and **water for the beans** (see ingredients for amount) to the frying pan. Season with **salt** and **pepper**, and a pinch of **sugar** (if you have any). Stir in the **black beans** (whole and mashed), then lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.



Get Crackin'

Heat a drizzle of **olive oil** in a large frying pan on medium-high heat. Once hot, crack in each **egg** and cook for 4-5 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire. Lower the heat as needed.



Finish the Prep

Zest and cut the **lime** into **wedges**. Roughly chop the **chives**. Crumble the **feta** into small pieces.



Serve

Share the **crispy tacos** between your plates. Layer on the **chorizo beany mix**, the **fried egg** and then the **feta**. Sprinkle on the **chives**, **lime zest** and the remaining **chorizo**. Serve with the **lime wedges** to squeeze over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.