

MasterFoodsTM

PROFESSIONAL

Smoky Southern Style Huevos Rancheros
RECIPE

Smoky Southern Style Huevos Rancheros



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TIME

45-60 MINS

INGREDIENTS

21 items

MAKES

4 servings

Breakfast for dinner? This smoky southern style Middle Eastern inspired dish is satisfying any time of the day. The base can be made ahead and can be kept for up to 5 days in the fridge (or 1 month frozen).

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INGREDIENTS

- 1 tbsp. Olive Oil
- 1 small Red Onion, finely diced
- 2 tsp. MasterFoods™ Professional Crushed Garlic
- 2 tsp. MasterFoods™ Professional Ground Coriander
- 1 tsp. MasterFoods™ Professional Chilli Sprinkle
- 1 tbsp. MasterFoods™ Professional Oregano Leaves
- 1 tsp. MasterFoods™ Professional Ground Paprika
- 2 tsp. Smoked Paprika
- 2 tsp. whole Cumin Seeds
- 1 medium Eggplant, cut into 1 cm cubes
- 1 jar of Roasted Capsicum, drained
- 1 tin of Black Beans, drained and rinsed
- 1 tbsp. Tomato Paste
- 400 g tin of Crushed Tomatoes
- 4 tbsp. MasterFoods™ Professional Barbecue Sauce
- 100 ml water, plus extra if needed
- 4 Whole Eggs
- 100 g Firm Feta, or other crumbly fresh cheese
- Salt and Pepper, to taste
- Fresh Coriander, to garnish
- Toasted Sourdough, to serve

PRODUCTS USED



MasterFoods Professional Chilli Flakes 325g

[SEE DETAILS](#)



MasterFoods Professional Garlic Powder 680g

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Preheat an oven to 180°C and heat olive oil in a large oven proof frying pan over a medium heat. Add red onion and sauté for a few minutes until soft.
2. 2
Add the crushed garlic and cook for a further two minutes.
3. 3
Add the coriander, chilli, oregano, paprika, smoked paprika, and cumin seeds.
4. 4
Continue to cook for another few minutes, adding a splash of water if the pan begins to catch.
5. 5
In the same pan fry off the eggplant, medium heat for a few minutes.
6. 6
Add the jar of roasted capsicum and black beans, stirring to combine.
7. 7
Stir in the tomato paste, crushed tomatoes and barbecue sauce. Add just enough water just to cover and bring to a simmer.
8. 8
Turn the heat down to low and cover with a lid. Gently cook on for 20 to 30 minutes, stirring occasionally.
9. 9
Remove the lid and cook until the sauce has thickened to your liking. Adjust seasoning if needed.
10. 10
With a back of large spoon, make four shallow indents in the sauce and crack the eggs into each one.
11. 11
Crumble over the feta and transfer to the oven. Bake until the white is just set, and the yolk is still runny.
12. 12
Garnish with fresh coriander and serve with toasted sourdough.

Tips:

1. 1
For the hardcore meat lovers, add in some fried chorizo to boost the smoky flavours.
2. 2
Also delicious with steamed brown rice or sweet potato wedges.
3. 3
For a little extra creaminess, add a generous dollop of fresh Greek yogurt or sour cream for serving and toasted cumin seeds.

More Menu Ideas



Choc-Berry Bircher Muesli

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



Shredded Barbecue Chicken Pancakes

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



Gua Bao Buns

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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