

## Huevos rancheros



**Huevos rancheros** Romas Foord

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**Mimi Spencer**

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*Serves 1; 283 calories per serving*

1 tsp olive oil  
2 spring onions, finely chopped  
1 red pepper, sliced  
¼ tsp chilli flakes  
200g tin chopped tomatoes  
1 tsp balsamic vinegar  
2 eggs  
Handful of flat-leaf parsley, chopped  
Salt and pepper

**1** Heat oil in a small frying pan and gently fry spring onion, red pepper and chilli flakes for 3 minutes. Add tomatoes and vinegar. Season, stir and simmer for 5 minutes.

**2** Make two dips in the sauce and crack an egg into each. Continue cooking until the whites have begun to set, then cover and cook until they are completely set, but the yolks are still runny. Sprinkle with parsley and serve.

Fast Cook by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; [timesbooks.co.uk](http://timesbooks.co.uk)

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