

HUEVOS RANCHEROS CON VEGGIE BALLS

Cooking these healthy veggie balls is a fun job, but it's even more fun with your favourite muchachos.

Ingredients

640g GRÖNSAKSBULLAR
vegetable balls (veggie balls)
2 onions, finely chopped
2 red peppers, finely chopped
2 garlic cloves,
finely chopped
2 tsp extra virgin olive oil
1 tsp smoked paprika
0.5 tsp cayenne pepper
1 tsp sugar
1 tsp cumin
1 can of blanched tomatoes
1 lime, juiced
Salt and pepper
1dl (100ml) of chopped
coriander and chives
Rye bread (or any type
of bread)

Why not... substitute the veggie balls for meat or chicken balls if you want to mix it up!

Method

The task for each cook is numbered, so make sure all the 1s are done before anyone moves on to the 2s and so on.

CHEF 1

1. Fry onions, red pepper, and garlic in a frying pan in olive oil until it becomes golden brown and tender.
2. Add all the spices and the tomatoes and simmer for 5–10 minutes. Season with salt and pepper. Take down the heat to the lowest setting when done.

CHEF 2

1. Fry the veggie balls as instructed on the package.
2. When the veggie balls are done, add them into the tomato sauce and stir.

CHEF 3

1. Mash tomatoes with a spoon into smaller pieces.
2. Make 4 holes in the tomato sauce and crack an egg into each hole. Put the lid on and cook for another 5–10 minutes until the egg whites are set.

CHEF 4

1. Prepare the plates and cutlery.
2. Sprinkle coriander and chives on top and serve with rye bread.

Why not try some of our other recipes that two or more cooks can have fun making together. You can find them at www.ikea.co.uk/WonderfulEveryday

