

Huevos Rancheros

Ingredients

- 1 onion
- 1 clove garlic (crushed)
- 2 tablespoons ghee, duck fat or coconut oil
- 1/2 teaspoon ground cumin
- 1 small jalapeno pepper
- green pepper
- 1/2 red pepper
- 1 small courgette
- 1 tablespoon lime juice
- 120g chopped tomatoes
- 1/2 teaspoon himalayan sea salt
- black pepper
- 4 large eggs

Method

1. Chop the onion and slice the chili pepper.
2. Fry the onion with the oil over high heat then add garlic and chili pepper.
3. Slice the peppers and courgette then add them to the pan.
4. Add the lime juice and tomatoes.
5. Season with salt, pepper and cumin.
6. Cook for 10 minutes until the peppers are tender.
7. Use a large spoon to make wells for the eggs.
8. When the eggs are cooked the food is ready.