

Brussels Sprout Unda with Cranberry Aioli

Haven't heard of Unda? It's part omelet, part taco and one of our favorite ways to fill a tortilla. It starts with an egg that gets cooked right onto a corn tortilla. Then we're stuffing it with roasted Brussels sprouts, sautéed apples and finishing it with a cranberry aioli. It's offbeat and crazy good.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet
Large Skillet
Small Skillet

FROM YOUR PANTRY

Olive Oil
Vegetable Oil
Salt & Pepper
4 Eggs

5 MEEZ CONTAINERS

Apple
Brussels Sprouts
Corn Tortillas
Cranberry Aioli
Pecan & Fontina Mix

Make The Meal Your Own

- **As soon as you think about dinner** – Preheat your oven to 425.
- **Omnivore's Option** – Pork would be a natural addition to this recipe. Bacon, prosciutto and even pork loin would all work well.
- **Cooking with a picky eater?** The undas are great simply topped with cheese
- **Health snapshot per serving** – 540 Calories, 25g Protein, 13g Fiber, 450mg sodium, 20 Smart Points
- **Have questions?** The dinner hotline is standing by between 5 & 8 every night at 773.916.MEEZ

INGREDIENTS: Brussels Sprouts, Corn Tortillas, Apple, Mayonnaise, Fontina Cheese, Pecans, Cranberries

meez meals

1. **Get Organized**

Preheat your oven to 425

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper.

Cook until crispy on the edges, about 12 to 20 minutes.

3. **Sauté the Apple**

While the sprouts are cooking, turn your attention to the apple. Cut each **Apple** into quarters, then dice each quarter.

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the apples and cook until they are just tender, about 3 minutes. Set aside until the brussels sprouts are done cooking, then add the apples to the sprouts and mix together, then set aside.

4. **Make the Unda**

While the apples are cooking, heat 1 tbsp vegetable oil in your smallest skillet over medium heat. Break 4 eggs into a bowl and add a pinch of salt. Give it a good whisk, then pour it into the pan. Let it set for 10 to 15 seconds, then put a **Corn Tortilla** on top of the egg.

Cook the pair for a few more seconds, until the egg seems like it has set. Flip the egg & tortilla combination and cook until the tortilla is golden. Set aside until you've cooked all of your tortillas

5. **Putting It All Together**

Fill each unda with the roasted sprouts and apples and top with the **Pecan and Fontina Mix** and the **Cranberry Aioli**. Enjoy!

To dice our apples, we cut each quarter into 3 slices, and then cut each of those slices into 4 pieces. But don't worry too much about the match!

The tortilla will stick to the egg because the egg is soft and runny, which is what we want.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois