

Red Pepper Unda with Balsamic Cream

Haven't heard of an Unda? It's part omelet, part taco and our new favorite way to fill a tortilla. It starts with an egg that gets cooked onto a corn tortilla. We stuff it with broccoli and peppers, and finish with balsamic cream. Intrigued? It's a dinner you don't want to miss.

20 Minutes to the Table

20 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
Mixing Bowl

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper
Eggs (2 per serving)
Balsamic Vinegar (opt.)

5 MEEZ CONTAINERS

Balsamic Cream
Broccoli
Corn Tortillas
Gouda Cheese
Peppers

Make the Meal Your Own

Omnivore's Option – Bass filet would be a nice addition. Sauté it, then mix with the pepper mix.

Cooking with a picky eater? The cheese and egg unda is delicious on its own and packed with protein.

Good To Know

We're using vegetable oil in this recipe instead of olive oil because we're cooking the peppers and broccoli over a very high heat. Olive oil has a lower smoking point than vegetable oil, and so it's likely to taste burned in a dish like this one.

Health snapshot per serving – 605 Calories, 31g Fat, 51g Carbs, 555mg Sodium, 34g Protein, 8g Fiber, 20 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Peppers, Tortillas, Gouda Cheese, Greek Yogurt, Balsamic Vinegar, Brown Sugar.

meezmeals

1. Sauté the Vegetables

Heat 1 Tbsp vegetable oil in a large skillet over high heat until it's almost smoking.

Add the **Peppers** and **Broccoli** and cook stirring constantly until they brown at the edges, about 7 minutes. Add salt and pepper generously and give it a taste. If you love it, you're set. Remove veggies from heat, cover and set aside.

Keep the vegetables very hot and moving constantly. The oil should be very hot, and you want to cook the vegetables until they are caramelized (browned) in places. Test your oil with a few grains of salt. If they sizzle, it's ready.

2. Make the Undas

Heat 1 Tbsp olive oil in your smallest skillet over medium heat.

Break 1 egg 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 30 more seconds, until the egg seems like it has set completely.

Flip the egg & tortilla combination and sprinkle with some of the **Gouda Cheese**. Cook until the cheese has melted and the bottom is golden.

Set aside and repeat until you've cooked all of your tortillas.

We want the tortilla to stick to the egg. Because the yolk is still runny, the two will bond.

3. Put It All Together

Top each tortilla with vegetables and drizzle with the **Balsamic Cream**. Eat as a taco and enjoy!

Love this recipe? #meezmagic

Instructions for two servings
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois