

# 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  
Eggs (2 per serving)

### 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

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### 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, 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 cook until the tortilla is golden. Set aside and repeat 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**