

## 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  
2 Large Skillets

#### 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.

**Cooking with a picky eater?** The undas are great simply topped with cheese

**Health snapshot per serving** – 540 Calories, 25g Protein, 13g Fiber.

**Have questions?** The dinner hotline is standing by between 5 & 8 central time 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, slice 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 brussels 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 a second skillet. 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. Put 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.*

Instructions for two servings.

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