

Roasted tomato, jalapeno chilli & avocado tortillas

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Preparation 15 mins | Cooking 45 mins | Serves 4

500g small ripe tomatoes, halved
4 green Jalapeno chillies
½ small red onion, thinly sliced
2 tbs olive oil or olive oil spray
8 white corn tortillas
1 just-ripe avocado, peeled and sliced
4 free-range eggs
lime wedges & coriander leaves, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Arrange tomatoes, cut-side up, on a baking tray lined with baking paper. Add chillies and onion. Drizzle or spray with oil, tossing until evenly coated. Roast vegetables for 30-35 minutes until tender.

STEP 2 Char-grill or warm tortillas following packet directions. Peel and slice avocado.

STEP 3 Heat a greased large non-stick frying pan over medium heat. Crack eggs into pan and fry until cooked to your liking. Serve tortillas with roasted tomatoes and chillies, eggs, avocado, lime wedges and a sprinkling of coriander leaves.

Good for you... AVOCADOS

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

