

Huevos Rancheros Paleo Style

4 SERVINGS 10 MINUTES



INGREDIENTS

- 2 larges Plantain (Peeled and chopped)
- 2 tbsps Coconut Oil (or more of coconut or avocado oil)
- 1 Egg
- 1/2 tsp Sea Salt
- 1 c Ranchero Sauce
- 1/2 c Cuban Black Beans
- 8 Fried Egg
- 1/2 cup Feta Cheese
- 1/2 cup Cilantro (freshly chopped)
- 1 Avocado (cubed)

DIRECTIONS

- 01 Preheat oven to 400. Line two sheet trays with parchment.
- 02 Blend plantain, 1/4 c of water, and salt to a blender or a food processor. Blend for about 25-30 seconds.
- 03 Spread into 4" circles leaving 1" between. Bake 10 minutes or until set, flip and bake 10 more minutes or until golden brown.
- 04 Store cooled leftovers covered in the refrigerator up to 3-4 days (though best when fresh), or in the freezer up to 1 month. If frozen, thaw before use. Heat in a 350 degree F oven, or on the stovetop.
- 05 For the Huevos Rancheros: Layer with 2 tbsp. ranchero sauce (recipe in portal), 1-2 tbsp. Cuban black beans (recipe in portal), 2 fried eggs, 2 tbsps. avocado, 1 tbsp. feta and 1 tbsp. fresh chopped cilantro.