

DINNERLY



Migas Breakfast Tacos

with Refried Beans & Onion-Pepper Scramble



30-40min



2 Servings

Level up your morning (or night) with a breakfast taco modeled after a beloved Tex-Mex dish. The star of the show for any migas is the cheesy scramble mixed with onions, peppers, cilantro, and crispy tortilla chips. Add warm refried beans, salsa, and tortillas and you're ready to party like a Texan. We've got you covered! (2p-plan serves 4; 4p-plan serves 8—nutrition reflects 1 taco)

WHAT WE SEND

- 1 yellow onion
- 1 poblano pepper
- ¼ oz fresh cilantro
- 12 (6-inch) corn tortillas
- 2 oz shredded cheddar-jack blend ²
- 16 oz can refried beans ³
- 4 oz salsa

WHAT YOU NEED

- 4 large eggs ¹
- kosher salt & ground pepper
- neutral oil

TOOLS

- medium nonstick skillet
- aluminium foil
- microwave

ALLERGENS

Egg (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 520kcal, Fat 22g, Carbs 60g, Protein 21g

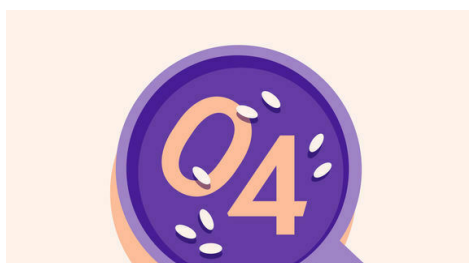


1. Prep ingredients

Preheat oven to 300°F with a rack in the center.

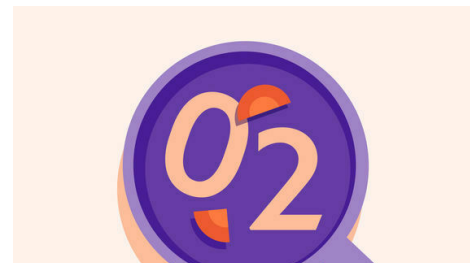
Finely chop **half of the onion**. Halve **pepper**, discard stem and seeds, then cut into ¼-inch pieces. Finely chop **cilantro leaves and stems**. Cut **4 tortillas** into 1x½-inch strips.

In a medium bowl, whisk **4 large eggs** with a pinch each of salt and pepper.



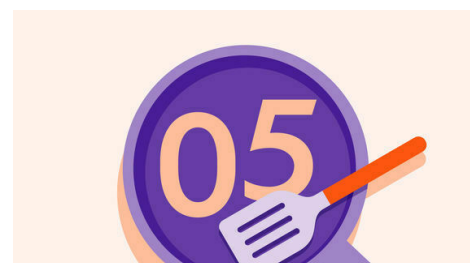
4. Cook veggies & eggs

Lower heat to medium; add **onions, peppers, 1 tablespoon oil**, and a pinch of **salt**. Cook, stirring occasionally, until veggies are fully softened but not browned, about 4–5 minutes. Add **eggs** and **¾ of the tortilla chips**. Cook, pushing eggs occasionally with a spatula, until large curds have formed and eggs are nearly cooked but still a little wet, 2–3 minutes.



2. Warm tortillas

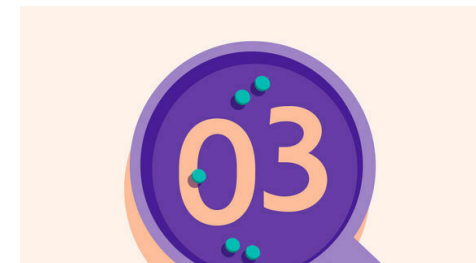
Heat a medium nonstick skillet over medium-high. Toast **remaining whole tortillas** until lightly browned in spots, about 10 seconds per side (see step 6!). Wrap in foil and place in oven to keep warm until ready to serve.



5. Finish & serve

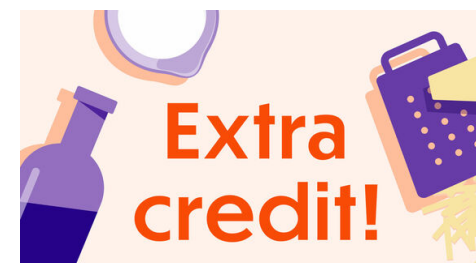
Remove skillet from heat. Gently fold in **cilantro, remaining tortilla chips**, and **half of the cheese** until cheese is melted. Season to taste with **salt and pepper**. Transfer **refried beans** to a bowl and microwave until warmed through.

Serve **migas** with **refried beans, salsa, warm tortillas**, and **more cheese**, if desired. Enjoy!



3. Fry tortilla chips

Heat **2 tablespoons oil** in same skillet over medium-high until shimmering. Add **tortilla strips**; cook, stirring occasionally, until golden brown and crisp, 4–6 minutes. Transfer to a paper towel-lined plate; lightly season with **salt**.



6. Save some time!

If you want to skip toasting the tortillas in step 2, simply stack them and wrap in foil, then bake on center oven rack for at least 10 minutes or until warmed through.