



Southwest Chipotle with Poached Egg and Avocado

Servings

2

Calories

460

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Medium

Ingredients

- 1 (10.5 ounces) package Southwest Chipotle Nourish Bowl™
- 2 large eggs
- 1 teaspoon kosher salt
- 2 teaspoon white vinegar
- 2 flour tortillas, warmed
- ½ avocado, sliced



The Method

Add enough water to come within 1 inch from the top of a narrow, deep 2-quart sauce pan. Add the salt and vinegar and bring to a simmer over medium heat. Meanwhile, crack each egg into its own custard cup or small ramekin. Use the handle of a spatula or spoon to quickly stir the water in one direction until it's all smoothly spinning around. Carefully drop the egg into the center of the whirlpool. The swirling water will help prevent the white from “feathering,” or spreading out in the pan. Drop the other egg in. Turn off the heat, cover the pan and set your timer for 5 minutes. While the eggs are poaching, cook the Nourish Bowl according to package directions. Place warmed tortillas on 2 dinner plates, and spoon the Southwest Chipotle on top. When the eggs are done, remove them from the pan with a slotted spoon and place them on top of the Southwest Chipotle. Garnish with sliced avocado and serve immediately.

Nutrition Facts

Serving Size: 312g | Servings: 2

Amount Per Serving

Calories 460 | Total Fat 19g (sat fat 6g trans 0g) | Cholesterol 195mg | Sodium 1900mg | Total Carbohydrate 56g | Dietary Fiber 9g | Sugars 8g | Protein 18g | Vitamin D 6% | Potassium 15% | Calcium 20% | Iron 30%