

Mexican Spiced Taco Bowl with Eggs



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Indulge in a fiesta of flavours with our Spiced Taco Bowl featuring Eggs! Created by Today Show cook, [Jane de Graaff](#) this recipe will show you how to make a beautiful, flavourful Mexican spice mix from scratch. But if you are short on time, a pre-made mix will work just as well.

This nutrient-packed meal is the perfect addition to your [Meat-Free Mondays](#), and the longer you marinate your eggs, the further those flavours will go. See all the steps to this easy 20-minute recipe below.



Ingredients

Mexican spice seasoning mix:

- 1 tsp coriander seed, lightly crushed
- 1 tsp annatto seed (achiote) powder - or crush the seeds with the coriander seeds (see notes)*
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp cumin powder
- ½ tsp sumac
- ½ tsp salt flakes

- ¼ tsp chilli powder (or more to taste)
- ⅓ cup light-flavoured extra virgin olive oil

Taco bowl fillings:

- 6-8 eggs (1-2 per person), boiled to your liking and shell removed**
- 1 tsp butter
- 4 x jumbo tortillas - for the taco bowls (make extras if you like, or make mini versions in a muffin tin)
- 2 corn cobs
- 2 avocados, thinly sliced
- 1 large cucumber, finely sliced
- 200g cherry tomatoes, sliced
- 1 tin black beans, drained and rinsed
- Fresh coriander, to garnish
- 1 tablespoon pickled or fresh jalapeño, deseeded and finely sliced
- ½ cup Greek yoghurt or sour cream
- Rice for four, cooked as per the packet instructions
- 2 limes, cut into wedges, to serve

Method

1. First, make your tortilla taco bowls.*** Preheat your oven to 180°C. Spray each side of the tortillas with olive oil and then nestle them into four oven-proof dishes (or bowls) to get your taco bowl shape. Place these into the oven and cook for 20 minutes or until crisping and browned.
2. Put your rice on to cook as per the packet instructions. Make sure you're eggs are boiled and peeled.
3. To make the taco seasoning, lightly crush your coriander seeds and then mix all the spices together in a medium bowl with the olive oil to form a marinade.
4. Using a small, sharp knife, score the boiled eggs on all sides to create a lattice pattern on the egg (this helps the flavours sink in) and place the eggs in the spice marinade and allow them to sit.
5. Meanwhile, make sure all other taco bowl fillings are prepped; slice avocado & cucumber, cut up cherry tomatoes, drain beans, break up coriander and slice chillies. Remove leaves and silks from corn cobs.
6. In a small frypan, add 2 tablespoons of the spice marinade from the eggs and 1 teaspoon of butter and allow to foam a little on medium heat. Add the taco-spiced eggs to the pan along with the rest of the marinade and roll and toss them gently until warm. Remove the eggs and marinade back to a bowl.
7. In the same pan, increase the heat and toss in the corn cobs for 2-3 minutes, to soak up the last of the taco seasoning, and then cut from the cob.
8. When the taco bowls and rice are ready, fill each bowl with some rice and arrange the corn, avocado, cucumber, tomatoes, black beans, coriander and chilli in each bowl.
9. Mix leftover warm taco marinade into the Greek yoghurt/sour cream, add a dollop on top of each bowl and finish with the halved taco eggs. Drizzle over the remaining marinade to season the whole bowl and add a wedge of lime. Serve warm and break up the bowl as you eat it.

Notes

*If you can't find annatto seeds or powder, create a 50/50 mix of sumac and smoked paprika in its place. The annatto adds a unique flavour.

**Jane suggests that boiling for 6-7 minutes from the fridge gives a perfect jammy centre.

***If you don't want to make the tortillas into bowls, simply warm them or toast them and serve on the side.

