

Mexican smoky breakfast beans

This spicy warming breakfast dish is packed with nutrients and slow release energy to fuel endurance exercise. If you're not used to chilli or smoky paprika, leave this out if you are doing a long walk, as this might upset your stomach. I've topped with a crispy fried egg but would be equally good with soft boiled eggs or even scrambled eggs.

Ingredients (serves 2)

1 tbsp olive oil
1 red onion, diced
1 clove of garlic, crushed
100g baby new potatoes, cut into half
100g frozen sweetcorn
½ tin of black beans (approx. 120g drained weight)
1 red pepper or 1 roasted red pepper from a jar, deseeded and sliced
½ tsp smoked sweet paprika
1 tsp chipotle paste
80g baby tomatoes, halved
80g spinach leaves
Small handful of coriander, roughly chopped
2 eggs

1. Heat a small pan of water and par boil the potatoes for 5 – 6 minutes once boiling. Drain once cooked
2. Heat the olive oil in a non-stick frying pan.
3. Saute the red onion on a medium heat for about 2 - 3 minutes until softened and translucent.
4. Add the frozen sweetcorn and saute for 3 or 4 minutes.
5. Add the par-boiled potatoes and smoked sweet paprika and saute for 2 minutes.
6. Add the red pepper, chipotle paste and baby tomatoes and saute for 2 minutes.
7. Add the spinach leaves and season well. Cook until the spinach is wilted.
8. Meanwhile, heat another pan and fry the eggs until the white is set and the edges are crispy.
9. When ready to serve, heat the beans and sprinkle with coriander. Spoon into a plates and top with a fried egg.