

Nopalito Scrambled Eggs



Serves: 2

Preparation time: 20 min

*Recipe developed by Taylon Colbert
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 2 nopalitos
- 15 ml olive oil
- 5 ml butter
- ½ medium onion, sliced
- 1 garlic clove, peeled and crushed
- ½ jalapeño chilli, thin slices
- 4 large eggs, whisked
- 15 ml milk
- 60 g bacon, chopped
- Salt and pepper

METHOD:

- Clean, remove the glochids and cut the nopalitos into 2 cm x 0.5 cm strips.
- Heat the oil and butter in a frying pan and sauté the onion and the garlic until soft and translucent. Add the chilli and fry for a further 2 minutes. Remove it from the frying pan and keep separate.
- Add the bacon to the frying pan and fry until cooked and crispy.
- Add to the onion mixture and the nopalitos. Stir-fry together for a further 2 minutes.
- Mix the egg and milk and add it to the frying pan. Stir continuously until the egg is softly set but slightly runny.
- Remove from the heat and leave for a moment to finish cooking.
- Serve immediately with crusty bread.

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