

THE

CrossFit

KITCHEN



CHORIZO AND PLANTAIN BREAKFAST PIE

By Nick Massie

Overview

Spice up your breakfast with chorizo and plantains, two ingredients Nick Massie thinks you should incorporate into your diet more often.

Ingredients

Breakfast Pie

- 11 eggs, cracked and whipped until uniform
- 9 oz. chorizo
- 4 c. onions, diced
- 4 c. bell peppers, diced
- 3 c. mushrooms, sliced
- 2 black plantains, peeled and diced
- 1 tbsp. olive oil
- Kosher salt, to taste
- Black pepper, to taste

Guacamole

- 1 avocado, peeled, pitted and halved
- ½ Serrano chile, finely chopped (seeds removed if you don't like heat)

- Juice of ½ lime
- Small handful of fresh cilantro, roughly chopped
- ½ Roma tomato, diced
- Kosher salt, to taste

Directions

Breakfast Pie

1. Preheat a cast iron skillet over medium-high heat.
2. Add a drizzle of olive oil and garlic to the pan, then add the chorizo. Break the chorizo up a bit and allow it to render down, releasing some of the contained fat.
3. After 2-3 minutes, add the plantains to the pan and stir. Cook for 3 minutes.
4. Add the onions, peppers and a dash of salt. Stir and cook for 2 minutes.
5. Add the mushrooms and another dash of salt.



6. Place a lid on your pan and cook for 4 minutes.
7. Remove lid, stir and scrape any stuck on bits from the bottom of the pan, then add eggs.
8. Cook for 3-5 minutes or until the eggs are set. While the eggs cook, prepare your guacamole (see below).
9. Remove the lid and place the pan under the broiler on high for 5 minutes. When the top is dried up and slightly golden, the breakfast pie is done.
10. Use a cutting board and a piece of parchment paper to invert the pan. Tap on the bottom of the pan to release the pie, and then remove the pan.
11. Slice the pie into 8 pieces, top with guacamole and enjoy!

Note: You can also package this up in containers or wrap it in plastic and refrigerate for up to one week or freeze for up to 6 months. This reheats well in the microwave or toaster oven.

Guacamole

1. Combine all guacamole ingredients in a mixing bowl, except tomatoes.
2. Use a spoon to break up avocado and mix to a chunky consistency.
3. Gently fold in tomatoes.
4. Season with kosher salt.
5. Serve.