

Gluten Free Fried Egg and Halloumi Tacos



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Taco 'bout a gluten-free fiesta! Straight from former MasterChef competitor and expert family recipe developer, [Hoda Hannaway](#), we bring you the viral Gluten-Free Fried Egg and Halloumi Taco.



A warm taco shell surrounds a perfect fried egg with melted halloumi and spicy sujuk. 10 minutes is all it takes to tackle this recipe, making it great for busy weeknights or midday lunch breaks.



Ingredients

- 4 eggs

- 200g sujuk, finely diced
- 200g halloumi cheese, finely diced
- 1 Tbsp za'atar
- 4 gluten-free corn tortillas
- 4 Tbsp roasted capsicum sauce (or smashed avocado), to serve

Method

1. Heat a non-stick pan over medium-high heat until hot. Add 50g of sujuk and cook for a couple of minutes, toss in 50g of halloumi cheese and cook for a further minute.
2. Make a little well in the pan and crack an egg inside. Cover the frypan with a lid for approximately 3-4 minutes or until egg whites are cooked through.
3. Meanwhile, heat a tortilla wrap over the stove for a minute on each side.
4. To serve, spread the capsicum sauce or smashed avo on the taco base. Add the fried egg and halloumi and sprinkle zaatar on top.

Notes

- The steps in this recipe create 1 taco. Use the remaining ingredients and repeat the recipe to make 3 additional tacos.