

# Mushroom and Nettles Breakfast Tacos

These tacos are delicious made with any dark leafy greens, and they are a special treat made with fresh spring nettles while they are in season.

- Nikki Guerrero, Hot Mama Salsa

**Makes 2-4 tacos, depending on the size of the tortillas.**

## Ingredients

2 cloves garlic

1 good handful of mushrooms, any kind

1 small bunch of spring nettles

1 egg for each taco

1 tortilla for each taco, corn or flour

Olive or neutral oil, ghee, or coconut oil

Hot Mama Salsa Guajillo Chili Oil (rich and flavorful, and not too spicy)

## Directions

**Wash your nettles thoroughly *but don't touch them with your bare hands!***

If you collected them in the wild then I recommend rinsing them three times to remove bugs and debris. Get a pot of water boiling. Using tongs place your nettles into the boiling water and cook until just softened. Drain, cool and then squeeze out the excess water.

Remove any large stems and chop the greens.

Slice your mushrooms thin and your garlic thinner.

Place a little oil in your pan and stir fry the garlic and mushrooms together.

Once the mushrooms and garlic are browning add the nettles and one big scoop of Hot Mama Salsa Guajillo Chili Oil (a little less than a tablespoon) and stir to coat.

*If you are using a spicy chili oil, then adjust the amount to your taste.*

Remove the veggies from the pan, to a small plate, then add a little more oil in the pan.

In a bowl crack an egg, add a pinch of salt, and whip it up.

Once the oil is hot, pour the scrambled egg into the pan, you want the egg to sizzle.

Sprinkle your mushrooms and greens on top and then press your tortilla into the egg.

Fry for a minute or two and then flip the whole thing over to brown the tortilla side.

Remove from the pan and fold in half. Depending on the size, cut in half.

Serve with a good hot sauce.

Enjoy!

