

# Breakfast Burritos



Skills—cracking, beating, mixing, measuring, cutting, snipping, folding, , frying

Serves 4

## Ingredients:

4 soft wholewheat flour tortillas,  
6 eggs  
4 tbsp semi-skimmed or 1% fat milk  
2 tomatoes, finely chopped  
2 spring onions, finely chopped  
1 red, green or yellow pepper, deseeded and  
finely snipped with scissors  
2 tsp vegetable oil  
40g reduced fat hard cheese, grated  
Freshly ground black pepper

**Equipment:** whisk, 2 medium mixing bowl, ta-  
blespoon, non-stick frying pan,  
Scissors, measuring spoons, plate  
for serving

## Method: Pre-heat the grill at a medium heat

1. Lay your tortillas flat on a work surface
2. Beat the eggs and milk together,
3. In a separate bowl, mix together the tomatoes, spring onion and pepper, seasoning with black pepper.
4. Heat 1/2 teaspoon of vegetable oil in a non-stick frying pan and add the chopped vegetable mix. Cook for a few minutes then add 1/4 of the beaten egg mixture.
5. Cook on the hob over a medium heat for a few moments while stirring gently to set the base,
6. Sprinkle 10g of the cheese over the top. Grill to set the egg and melt the cheese.
7. Slide the omelette onto one of the tortillas. Leave to cool a little while you make three more omelettes, placing them on the tortillas as you go.
8. Roll up the tortillas and slice then in half and serve immediately.

## Tasty Tips

- Try different fillings; sliced mushrooms,
- Spinach
- Chopped ham

