



Brekkie Buritto

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Traffic light category: **Green** Serves: 6

Ingredients

- 12 eggs
- 6 tablespoon reduced fat milk
- 6 rashers lean bacon
- 6 tablespoons tomato relish (store bought is fine)
- 6 cups English spinach
- 6 10 inch wraps

Variations

- Avocado
- Caramelised onion
- Cheese
- Mushrooms

Method

1. Combine eggs and milk in a microwave bowl or jug, whisk with a fork
2. Microwave eggs for 30 seconds, stir then microwave for 15 second intervals until the right consistency is reached. Depending on the strength of your microwave and how soft you want the eggs, this should take between 30 seconds and a minute and a half. Eggs will cook for a little longer after you stir them, so wait a few seconds before deciding if they are ready
3. Trim fat from bacon, cook in a frypan or oven bake until lightly browned
4. Lay wraps on a clean bench, spread one tablespoon of chutney or relish on each wrap, lay bacon, egg and spinach down one side of wrap. Roll from one side, folding ends in, place in sandwich press to lightly toast, wrap in greaseproof paper, serve warm.



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