

BREAKFAST BURRITO



Traffic light category: **Green** Serves: **2 Burritos**

Ingredients

- 4 eggs
- 2 tablespoons milk
- 2 tablespoons tomato relish
- 2 cups English spinach
- 220g can reduced salt baked beans
- 1/4 avocado, sliced
- 2 10-inch wraps

Method

1. Combine eggs and milk in a microwave safe bowl or jug, whisk with a fork
2. Microwave egg and milk mixture 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 and 90 seconds. The eggs will continue to cook for a little longer after you stir them, so wait a few seconds before deciding if they are ready
3. Empty beans into a microwave safe bowl or jug. Microwave for 30 seconds, stir then heat for a further 30 seconds
4. Lay wraps on a clean bench, spread one tablespoon of relish on each wrap and lay egg, spinach, baked beans and avocado down one side of wrap. Roll from one side, folding ends in
5. Place in sandwich press to lightly toast, wrap in greaseproof paper and serve warm.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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