

Breakfast Burrito



Serves: 4

Ingredients

8 eggs
4 tablespoons milk
1 x 300g can reduced-salt baked beans
4 wraps
4 tablespoons tomato relish
4 cups English spinach
1 avocado, sliced



HOT TIP

The eggs will continue to cook for a little longer after you stir them, so wait a few seconds before deciding if they need more time in the microwave.

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 cooked. This should take between 30 and 90 seconds.
3. Empty beans into a microwave safe bowl or jug. Microwave for 30 seconds, stir then microwave for a further 30 seconds.
4. Lay wraps on a clean chopping board, spread one tablespoon of relish on each wrap. Divide egg, spinach, baked beans and avocado evenly and lay ingredients down one side of each wrap. Roll from one side, folding ends in.
5. Place in sandwich press to lightly toast and serve.