

Breakfast Burrito

Vegetarian



Serves

6

Cooking time



Veg per serve

1



Leave untoasted, wrap in baking paper and freeze for meal prep.



Ingredients

- 8 eggs
- Spray oil
- 420g can reduced salt baked beans
- 125g reduced fat cheese
- 1 ½ cups spinach
- 6 large wholegrain wraps

Equipment

- Frypan and lid
- Chopping board
- 2 medium bowls
- Spoon
- Whisk or fork
- Egg flip
- Grater
- Can opener (if required)



How to make it



1. In a medium bowl, crack 8 eggs and beat with a whisk or fork. Grate cheese.



2. Spray frypan with oil and turn onto low heat. Add the egg mixture and using an egg flip, gently stir until scrambled. Remove from frypan and place into a clean bowl.



3. For each wrap, place a spoonful of scrambled egg, baked beans, spinach and cheese in the middle of the wrap.



4. Fold each of the four sides to form an enclosed parcel.



5. Spray frypan with oil and turn onto low heat. Cook burritos folded side down until brown, flip over and cook other side until golden brown.