

# Breakfast Burrito



 Serves: 6

 Prep Time: 15 min

 Difficulty: Easy

These burritos are perfect for a hearty and warm breakfast on the go. They can also be prepared ahead of time and heated in the sandwich press when you are ready to serve.



## Ingredients

- 12 eggs
- 6 tablespoons milk
- 6 teaspoons tomato relish (store bought is fine)
- 6 cups spinach
- ½ red capsicum
- 1 avocado
- 6 x 10-inch wraps

## Method

1. Combine eggs and milk in a microwave bowl or jug, whisk with a fork.

### Option 1:

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.

### Option 2:

Heat fry pan with a small amount of extra virgin olive oil. Pour egg mixture in, stir and fold until the right consistency is reached.

2. Lay wraps on a clean bench, spread one tablespoon of relish on each wrap, lay egg, capsicum, avocado and spinach down one side of wrap.

3. Roll from one side, folding ends in, place in sandwich press to lightly toast, wrap in greaseproof paper, serve warm.