

MEXCIAN BREAKFAST WRAP

I served this up as brunch on the morning of Super Saturday, the final day of the Six Nations. Anticipating that I was going to have a few beers that day I wanted to have something beforehand that would be filling and satisfying, a stomach liner if you will.

I got this idea from my tutor when I was studying for my nutrition qualifications. I know the benefits of eating eggs, they are good source of protein, rich in iron and calcium but I struggle to eat them in certain incarnations, a cold boiled egg is an absolute no no for me! Making an omelette and then topping with a carb source works for me and loads of fresh flavours works for me, hopefully it will for you too!

Servings 2 | Prep 5 minutes | Total 15 minutes

600 calories | 27g Protein | 30g Carbs | 41g Fat

Ingredients

75g chorizo sausage, diced

100g frozen sofritto mix or 1 small onion, diced

4 eggs

2 tortilla wrap

1 avocado, removed skin and chopped into small chunks

2 salad tomatoes, diced

2 spring onions, chopped

Splash of lime juice

Small handful of chopped coriander

Jalepenos (optional)

Directions

1. Place a non-stick frying pan over a medium heat and add a teaspoon of oil. Once heated up add half the sofritto mix and half the chorizo and cook for about 5-8 minutes until starting to go golden brown.
2. In the meantime, mix together the avocado, tomatoes, spring onion, lime juice and coriander, season if desired.
3. Beat 2 eggs and add to the frying pan, making sure that the mixture coats the bottom of the pan like a pan cake. Cook for about 3-4 minutes until the egg is pretty much set.
4. Place a wrap on top of the omelette and then carefully flip over so that the tortilla is on the bottom or the pan. Allow it to warm through for a minute or so before removing to a serving plate.
5. Top the omelette with half the avocado mixture and then fold and roll up like a burrito. Repeat with the rest of the ingredients to make a second one.
6. Serve with a salsa, green salad or some corn.

