



Breakfast omelette wrap

High pro Med carb Breakfast



By Adam Lloyd

A great way to increase the carbohydrate content of your morning omelette.

Prep: 5 min

Cook: 10 min

Beginner

Ingredients for 1 Portion(s)

3 Egg Chicken eggs

3 slice(s) Ham, slice

4 single Cherry tomatoes

1 average, large Seeded tortilla wrap

1 large White mushrooms

20 ml Semi skimmed milk

1 teaspoon Vegetable oil

1 tsp Black pepper

1 tsp Mixed herbs, dried

Method

On a chopping board, finely slice the mushrooms (optional) and cherry tomatoes.

Bring a good quality non stick pan to medium heat and add vegetable oil. Fry the mushrooms and cherry tomatoes for 2 - 3 minutes.

In the meantime, whisk up the eggs and milk and season with black pepper. Add to the hot pan and tilt/shake the pan until the egg mixture is evenly distributed.

Use a spatula to bring the omelette away from the sides of the pan and cook for approximately 2 - 3 minutes.

Next layer the ham slices over the omelette and continue to cook for another 1 - 2 minutes. Add a sprinkling of mixed herbs.

Finally, slide the omelette onto a wrap, then carefully roll.

Transfer the omelette wrap back to the pan and press down using the spatula to seal.

