

VEGGIE BRUNCH WRAPS



This quick and tasty dish will satisfy your brunch cravings.

 Serves 2

 Prep 8 minutes

 Cook 10



Each 204g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
216	7.2g	1.8g	19.0g	11.9g	5.1g	6.3g	0.7g	0

Ingredients

1 spray sunflower oil

4 eggs, beaten

1tbsp chopped fresh

chives

75g light soft cheese

2 large portobello or field mushrooms

2tsp balsamic vinegar

2 plum tomatoes, seeds discarded and finely diced

¼ red onion, very thinly sliced

Method

Step 1

Heat a small frying pan and spray with 2 pumps of oil. Add ¼ of the beaten egg and tilt the pan so that the egg spreads to form a 15cm circle. Cook for 30 secs, carefully turn over and cook for a further 30 secs. Lift onto a plate and repeat to make 4 wraps in total.

Step 2

Stir the chives and cheese together. Put the mushrooms on a plate, drizzle each with 1tsp vinegar, cover with clingfilm, pierce and microwave on full power for 2 mins. Thinly slice.

Step 3

Spread the wraps with the cheese, arrange the mushrooms on top, scatter over the chopped tomatoes and onion, roll up loosely and serve. Delicious hot or cold.