



# Portable breakfast

**SERVES: 2**

## INGREDIENTS



2 teaspoons margarine



1 bacon rasher, diced



2 mushrooms, finely sliced



2 eggs



2 tablespoons milk



1 pinch pepper



2 teaspoons corn



1/2 tomato, diced



2 spring onion, sliced



2 tortillas

Preparation

**10 mins**

Cooking

**10 mins**

Serving & Presentation

**10 mins**

Total time:

**30 MINUTES**

## METHOD

- 1 Heat the margarine and fry your bacon and mushrooms until cooked.
- 2 Prepare scrambled eggs by beating the eggs, milk and pepper with a fork in a small saucepan.
- 3 Cook the egg mixture over a medium heat, stirring with a wooden spoon until the mixture thickens (coagulates). Remove from the stove top.
- 4 Mix the scrambled eggs with the cooked bacon and mushroom, corn, tomato and spring onion.
- 5 Heat the tortillas in the microwave for 30 seconds.
- 6 Spoon the egg mixture down the centre of the tortilla.
- 7 Fold in wrap ends and roll up to enclose the filling. Wrap in foil or baking paper and serve.

## tips & Techniques

Heating the tortilla wraps in the microwave for a few seconds makes them softer and easier to fold.

Don't overcook the eggs as they will become rubbery and separate – take them off the heat when they start to set.

You could use a sandwich press to heat and seal the wrap.