

# Breakfast Burrito



Makes 1

## Ingredients

1 medium sized egg

15ml milk

1 spring onion – finely sliced into rings (also include the green of the onion)

1tbsp red pepper – finely diced

56g (2oz) good quality assured shredded ham

28g (1oz) cooked pork sausage

1 x wholemeal wrap

Knob of butter

## Method

- 1 Melt the butter in a small omelette pan
- 2 Add the red pepper, spring onion, slices of cooked pork sausage and shredded ham
- 3 Meanwhile, mix the egg and milk together
- 4 Pour the egg mixture onto the other ingredients and cook as an omelette
- 5 When the omelette is cooked, place it onto a wholemeal wrap and roll to enclose both ends
- 6 Wrap in greaseproof paper and foil and serve

The Breakfast Burrito can be kept warm in a hot cupboard for up to 15 minutes.