Breakfast

Loaded breakfast burritos with beans and eggs

Warm wholemeal tortillas rolled around savoury beans, scrambled eggs, fresh vegetables and melted Cheddar, finished with a hint of chilli sauce if you like.



Low sugar

10 min	354	38.3 g	3.5 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 8 wholemeal tortillas
- [ ] chilli sauce and seasoning (optional)

Cold fillings

- [ ] 2 large tomatoes, chopped
- [ ] 1 red pepper, sliced
- [ ] 4 spring onions, chopped
- [ ] 100 g cooked spinach or frozen defrosted, drained
- [ ] 1 avocado, peeled and sliced
- [ ] 80 g Cheddar, grated

Warm fillings

- [ ] 1 x 400g tin beans, drained
- [ ] 4 scrambled eggs

Nutrition Facts

Per serving

Calories	**354**
Total fat	13.3 g
Saturated fat	5.3 g
Sodium	Not listed
Total carbs	38.3 g
Fiber	7.2 g
Total sugars	3.5 g
Protein	16.5 g

Method

- [ ] **1** Prepare the cold fillings first: chop the tomatoes and spring onions, slice the red pepper, drain the spinach, peel and slice the avocado, and grate the Cheddar.
- [ ] **2** Drain the beans and keep them with the scrambled eggs warm until you are ready to assemble.
- [ ] **3** Warm the wholemeal tortillas by stacking them in a dry frying pan over a low heat, turning them often and moving each warmed one to the top of the stack so every side heats through without toasting or crisping.
- [ ] **4** Lay the warmed tortillas flat and spoon the tomatoes, red pepper, spring onions, spinach, avocado, beans and scrambled eggs over the bottom half of each one.
- [ ] **5** Scatter over a little Cheddar and add chilli sauce or seasoning if using, then roll each tortilla up, tucking in the sides as you go.
- [ ] **6** Place the rolled tortillas seam side down in a dry frying pan over a low heat and cook for a couple of minutes, turning a couple of times so they warm evenly.

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