Egg & Watercress Breakfast Wrap

Peppery watercress and soft scrambled egg rolled up for eating on the move.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**7 min**	**12 min**	**2**	**EASY**

Ingredients

- 4 eggs
- 60 g watercress
- 2 wholemeal tortilla wraps
- 1 tomato (sliced)
- 2 tbsp natural yoghurt
- black pepper
- 1 small knob butter

Method

1. Beat the eggs with a pinch of salt and plenty of black pepper.
2. Melt the butter in a non-stick pan over a low heat. Add the eggs and stir slowly with a spatula, pushing them from the edges into the middle.
3. Take them off the heat while still slightly loose — they will finish cooking in the pan. Stir through the yoghurt.
4. Warm the wraps for 20 seconds in a dry pan.
5. Spoon the eggs down the middle, top with tomato and a generous handful of watercress, then roll up tightly, folding in one end.

Tips & swaps

- Low heat and constant movement is the whole secret to soft scrambled eggs. The spoon of yoghurt at the end stops them tightening as they sit.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**20g**	**26g**	**17g**	**3g**

Estimated values, for guidance only. Contains: Egg, Gluten, Milk.