

# Egg and vegetable burrito

Food transformations

## Ingredients

### Serves 1

2 eggs

1 tablespoon oil

1 tortilla wrap

¼ cup sliced, cooked mushrooms

¼ cup roughly-chopped tomato

1 spring onion, sliced

## Method

1. Beat the eggs in a bowl.
2. Heat oil in a frying pan over a low heat.
3. Pour in the egg mixture.
4. Gently stir the eggs until they have set into a soft texture.
5. Place the wrap onto a cutting board.
6. Add the scrambled egg, mushrooms, tomato and spring onion along the centre.
7. Roll the wrap tightly, slice in half and serve.

## Variations

- Season with salt and pepper before rolling the wrap.
- Add ¼ cup warm canned chilli beans.
- Add ¼ cup grated cheese.

## Tips








- To cook mushrooms, heat a little oil in a frying pan. Add sliced mushrooms and stir fry until soft.
- Warm the tortilla wrap in the oven before adding the scrambled egg and vegetables.

## Nutrition

- Eggs are a great source of protein and vitamins which help you to grow and build strong muscles.



## Equipment

-  Bowl
-  Cutting board and knife
-  Egg beater or whisk
-  Frying pan
-  Measuring cups
-  Measuring spoons
-  Wooden spoon

## Preparation and cooking skills

Beat, chop, roll, scramble, slice, stir.