

EASY BREAKFAST BURRITO

Cookery Principle: Egg and Vegetable Cookery

Ingredients:

3-4 eggs

2 w. w. tortilla shells

5 ml oil

$\frac{1}{4}$ bell pepper, sliced in
thin strips

fresh parsley/ cilantro

30 ml salsa

30 ml cheddar cheese

Equipment:

Grater

Cutting board

French knife

Spoon measures

Large non-stick fry
pan

Plastic flipper

Custard cups

Method:

1. Break eggs one at a time into a custard cup and transfer them one at a time to a medium bowl. Beat with a fork until creamy in colour.
2. Slice pepper, chop fresh herbs and grate cheddar cheese.
3. Heat fry pan on low to medium heat and drizzle with a little oil. Swirl the oil around the pan.
4. Pour in eggs and have a high heat spatula ready. Cook about 30 seconds, then stir with the spatula. Stir every 20-30 seconds until completely cooked. Remove from heat.
5. Place the tortillas on a large plate and cover with damp paper towel. Heat 15-20 seconds until warm.
6. Spoon eggs in a line on the tortilla. Top with pepper, cheese, cilantro or parsley, and salsa. Roll snugly and serve warm.