# **Easy Scrambled Egg Tortilla**



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★☆☆

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Categories: Quick & Easy, Breakfast Recipes, Lunch Recipes, Vegetarian



## **Ingredients**

- 8 eggs
- ½ cup skim milk
- 3 tsp margarine
- 1 tbsp olive oil
- 8 tomatoes, large and ripe, chopped
- 1 2 chillies, seeds removed and chopped
- 2 cloves garlic, chopped
- Pepper and a pinch of sugar to taste

- 2 tsp margarine
- 1 cup sweet corn
- ½ cup spring onion, sliced
- 2 tbsp coriander, chopped
- 8 tortillas
- Avocado, sautéed mushrooms or baked beans to serve

#### **Method**

- 1. Heat fry pan and add oil, garlic, chilli. Fry gently while stirring. Add chopped tomatoes, season and simmer until soft and thickened, stirring occasionally.
- 2. Whisk the eggs and milk in a bowl and season.
- 3. In a separate pan melt the margarine then add the egg mix gently stirring with a spatula until just cooked. Place sweet corn and margarine in a plastic container, heat in the microwave on high for 45 seconds.
- 4. Place tortillas into bowls, top with tomato, eggs, sweet corn, spring onion and coriander.

#### **Notes**

Perfect served with avocado, sautéed mushrooms or baked beans.

Want to know how to make perfect scrambled eggs, every time? Discover our easy scrambled eggs recipe today!

### **Nutritional Information**

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>635</b> q	<b>2240</b> kJ	23.6q	<b>19.4</b> q	4.4g	58.1g	<b>17.5</b> q	<b>623mg</b>	<b>12.5</b> q
	<b>535</b> Kcal	_	_	_	_	_	_	_

Vitamin D 5.8µg

All nutrition values are per serve.