

BACON AND EGG WRAP



Serves 1



Prep Time
20m



Cooking Time
2-3m

Ingredients

Broad bean salsa:

- 1 tsp rice bran oil
- 1 leek, white part only, finely sliced
- 2 handfuls spinach, blanched, drained and squeezed dry
- ½ cup broad beans, blanched and podded
- ½ cup frozen peas, blanched

To assemble:

- 1 wholemeal wrap
- 2 tbsp broad bean salsa
- 2 rashers lean bacon, cooked and sliced
- 2 poached eggs

For broad bean salad

1. Heat oil in a frying pan, add leek and cook until soft.
2. Place cooked leek in a bowl, add remaining ingredients and toss together.

To assemble

1. Heat a sandwich press.
2. Lay tortilla on a chopping board. Spread with salsa and top with bacon.
3. Place eggs on top and roll up tightly.
4. Cook in hot sandwich press for 2-3 minutes. Slice in half to serve.