

Breakfast Burritos



TIME TO
PREPARE

10
minutes



COOK
TIME

10
minutes



SERVING

2 Burritos



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- Mission Spinach Wraps x 2 or flour tortillas
- Eggs x 2
- Olive Oil 1 tsp.
- Bacon x 1 rasher (diced)
- Spinach ½ cup
- Black Beans 50g
- Corn Kernels 50g
- Cooked rice ½ cup
- Any colour capsicum ¼
- Tomato salsa ¼ cup
- Parmesan cheese ¼ cup
- Salt & Pepper
- Paprika, mixed herbs, cumin, chili (optional)

Method

01. Prepare capsicum into fine dice, rinse black beans and corn.
02. Mix cooked rice, black beans, corn, and capsicum into a small bowl with all spices and herbs (dash or each) plus S&P
03. Heat oil in non-stick pan over medium heat
04. Add diced bacon to pan and cook until lightly brown then crack eggs into small bowl, whisk with fork and pour over bacon scrambling until cooked (soft).
05. Heat wraps in microwave for 45 seconds
06. Spread half the salsa on each wrap, top with cheese and spinach.
07. Then spoon egg mix as well as bean mix onto wraps
08. Carefully begin to roll wraps by folding in half before tucking in the edges and finishing the roll.
09. This makes 2 wraps fully enclosed not open ended.
TIP: I think these are best then toasted in a sandwich press before serving!

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