

# Sally Bee



Campaigning for people to "Season with Sense"



## SALLY BEE'S BREAKFAST EGG WRAPS

 **Prep: 5 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

### INGREDIENTS:

- 2 glugs of olive oil (you'll need 2 frying pans)
- 200g mushrooms, sliced
- 150g cherry tomatoes, halved
- 1 generous handful parsley, finely chopped
- 4 tbsp porridge oats (40g)
- 5 eggs
- Pinch **LoSalt**
- Freshly ground black pepper

### METHOD:

1. Heat a slug of olive oil in a non-stick pan. Add the mushrooms, stir briefly then fry with the lid on the pan for 6-8 mins.
2. Next stir in the tomatoes and cook 1-2 mins more with the lid off until softened.
3. Meanwhile, beat together the eggs really well with the parsley and oats.
4. Season with black pepper and a pinch of **LoSalt**.
5. Heat an extra drop of oil in a large non-stick frying pan.
6. Pour in the egg mix and fry for a few minutes until cooked and set, loosening around the edges with a spatula.
7. Once cooked, pour the cooked mushrooms and tomatoes down the middle of the egg wrap. Fold in half, then cut this in half again to make 2 portions.