

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S SPINACH & EGG WRAPS

 **Prep: 10 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

INGREDIENTS:

- 75g fresh washed spinach
- 2 eggs
- 50g rice flour
- Black pepper
- Pinch **LoSalt**
- ½ garlic clove, crushed
- 50ml water
- 1 teaspoon vegetable oil

METHOD:

1. Start by wilting the spinach for 3-4 mins over a medium heat in a splash of water.
2. Then set aside over a sieve to drain out the water.
3. Meanwhile, beat together 2 eggs and add the rice flour.
4. Beat into a smooth paste and add some freshly ground black pepper and a pinch of **LoSalt**.
5. Now add half a garlic clove, crushed and about 50ml of water. The consistency should be that of double cream. Set aside.
6. Now back to the spinach, give it a final squeeze to remove all the water, then chop finely and add to the egg mixture.
7. Heat a teaspoon of vegetable oil in a non-stick pan over a medium heat and ladle one spoon of the egg mixture into the pan. Swirl to move the mixture to the edges as you would a pancake. This should be a very thin wrap.
8. Cook for 2 mins on one side, then flip and cook for another minute on the other side.
9. Serves with any healthy filling, my favourite is mozzarella cheese and cherry tomatoes.