

CITY LIFESTYLES



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Recipe name: Bernardo's Breakfast Wraps

Serves: 2 people

Preparation time: 10 mins

Cooking time: 10 mins

Starting line-up (*ingredients*):

3x large eggs, 2x medium tortilla wraps (whole wheat), 1x red pepper, 1x teaspoon olive oil, drop of water



Warm-up (*preparation*):

Chop up pepper, whisk together eggs and water



Game plan (*method to make*):

1. Add oil to a medium pan and heat
2. Add pepper to the pan and cook for 1-2 minutes, then remove from pan
3. Add the whisked eggs and water to same pan, cook but do not scramble
4. Move eggs inward until cooked through, then flip so you have a large "fried egg"
5. Cut into quarters; place one section of egg onto each tortilla, add peppers, then roll up



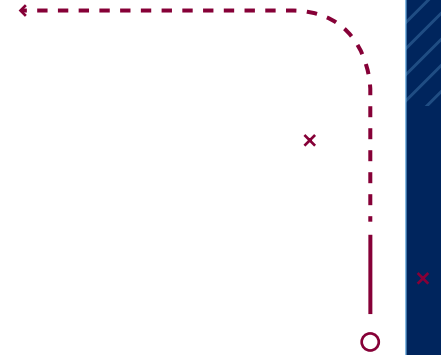
Substitutes

Peppers for courgettes

Gluten intolerance – gluten free wraps

More vegetables e.g. fresh tomatoes

Add herbs and spices for extra flavour



Nutritional benefits:

Eggs - protein

Tortilla wraps - fibre which lowers risk of type 2 diabetes and strokes

Red pepper - sources of vitamin A, C, folate

Each serving provides 238 kcal per person, 26g protein, 48g carbohydrates, 20g fat



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