



Botanic Cottage Community Cook Club Early January 2021

Mexican-style scrambled eggs

In winter I want a warm breakfast and much as I love my porridge, I do like a break sometimes! This quick and easy breakfast is a great way to start the day. It doesn't look pretty, but it tastes amazing. I'll give the ingredients per person eating but it's very easy to scale it up for a larger group. This breakfast gives you at least 2 portions of your 5 a day, plus protein so why not give it a try?



Ingredients (per person)

- 1 tortilla wrap, white or wholemeal
 - 2 eggs
 - 2 heaped tablespoons sweetcorn (tinned or frozen fine)
 - 1 tomato, diced
 - ½ a red or yellow pepper diced
 - 2 spring onions, sliced
 - ½ a fresh chilli, finely chopped (optional)
 - Olive oil, salt and pepper
 - To garnish- fresh coriander or parsley.
- You will need a small frying pan, a chopping board, knife and a bowl

Method

1. First heat one tablespoon of oil in your pan.
2. Roll up the tortilla wrap into a long sausage shape and then cut into roughly 2cm pieces. You will have little tortilla spirals. Carefully drop them into the hot oil and gently fry for 1-2 minutes until golden. Remove from the pan.
3. Add the sliced spring onion and chilli (if using) to the pan and cook for a minute. Add the diced tomato, pepper and sweetcorn and keep cooking for a further two minutes.
4. Beat the eggs together with a little salt and pepper.
5. Add the eggs to the vegetables and move them around the pan to scramble them.
6. Finally return the tortilla strips to the pan and tumble everything on to a plate. Garnish with fresh herbs if using and enjoy.