

Good on the go



Breakfast burrito

Serves 1

2 tsp olive oil

1 rashers lean smoked back bacon, thinly sliced

½ red onion, peeled and finely chopped

½ red pepper, deseeded and finely chopped

25g avocado

1 small wholemeal tortilla wrap

2 medium eggs, beaten

20g feta

Small bunch of coriander, chopped

Dash chilli sauce (optional)

Method

Heat half of the oil in a frying pan, add the bacon and fry for 5 minutes until crisp. Add the onion and pepper and fry for 5 minutes until softened.

Meanwhile, heat the tortilla wrap in the microwave for 10 seconds. Roughly mash the avocado and spread down the middle of the warmed tortilla wrap.

Tip the bacon mixture on top of the avocado then wipe out the pan and return to the heat. Add the remaining oil then pour in the eggs and cook gently for 2–3 minutes, stirring constantly until lightly scrambled. Spoon the eggs on top of the bacon, crumble over the feta and top with the coriander and chilli sauce. Roll up tightly then dive in.