

# Breakfast

## RECIPE CARD

### Breakfast Burritos

#### RECIPE NAME

Breakfast

#### MEAL TIME

5 minutes

#### PREP TIME

10 minutes

#### TIME TO COOK

Why save burritos for dinner when you can have them for breakfast?!

#### NOTES






366kcal  
per serving

#### CALORIES

#### INGREDIENTS

- ★ 1 tsp chipotle paste
- ★ 1 egg
- ★ 1 tsp rapeseed oil
- ★ 50g kale
- ★ 7 cherry tomatoes, halved
- ★ ½ small avocado, sliced
- ★ 1 wholemeal tortilla wrap, warmed

#### METHOD

-  Whisk the chipotle paste with the egg and some seasoning in a jug.
-  Heat the oil in a large frying pan, adding the kale and the tomatoes.
-  Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan.
-  Pour the beaten egg into the cleared half of the pan and scramble well.
-  Layer everything into the centre of your wrap, topping with the avocado, wrap everything up and eat immediately