

Slow-roasted tomato and scrambled egg breakfast wrap

I have to admit to being a creature of habit with my weekday breakfasts, but on the weekend I love to do something different. These wraps filled with scrambled eggs and veggies are so delicious, they fit the bill for a leisurely Sunday morning meal. I've used a sandwich press to toast the wraps, but if you don't have one you can do this in a large non-stick frying pan instead.

Serves 4 Time 40 minutes **NF V**

12 cherry tomatoes, halved
Freshly ground black pepper
1/2 garlic clove, crushed
8 button mushrooms, sliced (see note)
70 g (2 1/2 oz) rocket (arugula) leaves
8 free-range or organic eggs
125 ml (4 fl oz/1/2 cup) light milk
4 thin wholegrain wraps
1 tablespoon extra virgin olive oil
+
1 teaspoon balsamic vinegar
Pinch of salt flakes

Preheat the oven to fan-forced 160°C (315°F/Gas 2-3). Line a baking tray with baking paper.

Put the tomatoes on the tray, drizzle with 2 teaspoons of the extra virgin olive oil and the balsamic vinegar, and season with salt and pepper. Roast for 30 minutes or until the tomatoes are soft and slightly caramelised. Remove from the oven and set aside to cool.

Preheat a sandwich press, if using.

Heat a teaspoon of the olive oil in a frying pan over medium heat. Add the garlic and mushrooms and sauté for 3-4 minutes or until browned.

Meanwhile, break the eggs into a bowl and whisk together with the milk.

Remove the mushrooms from the pan and set aside.

Wipe the pan with paper towel and place over medium heat. Drizzle the pan with the remaining teaspoon of olive oil and pour in the egg mixture. Cook gently, moving the eggs with a wooden spoon until just set (they should still be slightly wet as the mixture will continue to cook off the heat). Remove from the heat and set aside.

Lay out the wraps on your work surface. Divide the rocket between the wraps and place in the centre of each one, then top with the sautéed mushrooms, slow-roasted tomatoes and the scrambled eggs. Fold the bottom of the wrap up into the centre, then fold each side over the other to enclose the filling and form a parcel, open only at the top.

Place in the preheated sandwich press or in a frying pan over medium heat and cook for 1-2 minutes until sealed and heated

through. If cooking in a frying pan, turn over after 1 minute to toast the other side.
Serve immediately.

Note I've just used button mushrooms here, but you could also try chestnut, shiitake or any other type of small mushroom. All mushrooms have an impressive nutrition profile and are a worthy addition to your diet

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