

Breakfast Burrito

prep time: 10 minutes

cooking time: 5 minutes

serves: 1



Ingredients:

- 114g chicken
- 2 Eggs
- 9g butter
- 17g cream
- 65g spinach
- 68g cream cheese
- 60g cheddar cheese
- Salt & pepper

Method:

1. Whisk the eggs, cream and salt & pepper in a small bowl.
2. Melt the butter in the frying pan then pour in the burrito egg mixture.
3. Swirl the frying pan until the burrito mixture is evenly spread and thin.
4. Place a lid over the burrito and leave to cook for 2 minutes.
5. Gently lift the burrito from the frying pan with a spatula onto a plate.
6. Fry the spinach in a dash of butter in a pan, to your liking.
7. Add the spinach, cream cheese and cheddar cheese then roll up and enjoy.