

Cooking For One

Breakfast Wraps

1 Egg
Dash of Milk
2oz Bacon Lardons
1oz Frozen Sliced Mushrooms
1oz Grated Cheese
1tspn Sun dried Tomato Paste
Salt and pepper



Method

1. Fry gently the bacon lardons in a non stick frying pan the same size as the wraps, no need to use oil.
2. Add the sliced mushrooms, and cook until all the moisture has evaporated from the pan.
3. Crack the egg into a bowl add the salt and pepper and milk, beat gently with a fork.
4. Arrange the lardons and mushrooms in the middle of the pan and pour in the egg mix.
5. Spread the sun dried tomato paste evenly over the wrap, and place over the egg just before the egg sets and press down with a fish slice.
6. Cook for 2 mins on a medium heat.
7. Flip over and cook for a further 2 mins.
8. Sprinkle on the grated cheese.
9. Slide the wrap on to a chopping board leave for 1 min and roll tightly, cut in half and serve, Enjoy 😊

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