

Curried Scrambled Egg Wrap



Preparation time:	5 mins
Serves:	1 person
User Rating:	★★★★★

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Categories: Quick & Easy, Pantry and Fridge Staples, Dinner Recipes, Breakfast Recipes, Lunch Recipes, Vegetarian, Meals for One

Experience a burst of flavour with Dr Joanna McMillan's Curried Scrambled Egg Wrap, featured in the hit show Good Chef Bad Chef. Sautéed onions and capsicum, paired with aromatic curry powder, create the perfect base for silky scrambled eggs, avocado, and rocket leaves, all wrapped in a warm tortilla for a wholesome and delicious meal ready in minutes.



Ingredients

- ½ Tbsp extra virgin olive oil
- ¼ small red onion, finely diced
- 1 slice red capsicum, finely diced
- ¼ tsp curry powder
- 3 eggs
- Splash of milk
- Salt & pepper
- 1 wholemeal tortilla/flatbread

- ¼ avocado, sliced
- Handful rocket leaves

Method

1. Heat a small frying pan and drizzle with the oil. Add the onion and capsicum and sauté for 2-3 minutes until softened. Add the curry powder and stir for a few seconds until fragrant.
2. Meanwhile whisk the eggs in a small bowl with a splash of milk, a pinch of salt, and a good grind of black pepper.
3. Add the eggs to the pan and fold rather than stir to make lovely silken scrambled eggs.
4. Heat the tortilla or flatbread for 10 seconds in the microwave (or an oven or hot plate). Layer the avocado and rocket leaves and top with the scrambled eggs. Wrap and eat straight away.