

Breakfast Soft-Shell Tacos



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 7 February 2020

Categories: Breakfast Recipes, Vegetarian



Ingredients

- 8 eggs
- 80ml (1/3 cup) milk
- 2 tsp olive oil
- 80g feta cheese, crumbled
- 4 x 40g tortillas, chargrilled
- 110g (1/3 cup) tomato relish
- 2 tbsp chopped fresh chives
- 2/3 cup mixed baby herbs

Method

- 1. Whisk eggs and milk together in a large bowl. Season with salt and pepper.
- 2. Heat oil in a large non-stick frying pan over medium heat. Add egg mixture and cook for 1 1/2 minutes or until mixture starts to set. Using a spatula, push set egg towards centre of pan, tilting pan to allow uncooked egg to run over base. Cook for 2-3 minutes or until eggs form creamy curds. Stir in feta.
- 3. Divide eggs between wraps. Top with tomato relish, chives and herbs. Wrap to enclose filling.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
194g	1750kJ 418kcal	19.2g	19.7g	7.1g	39.2g	13.3g	897mg	2.1g
Vitamin D								
5.2µg								

All nutrition values are per serve.