Mexican Scrambled Egg Cups



Preparation time: 10 mins

Serves: 2 people

User Rating: ★★★☆☆

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Categories: Quick & Easy, Vegetarian



Ingredients

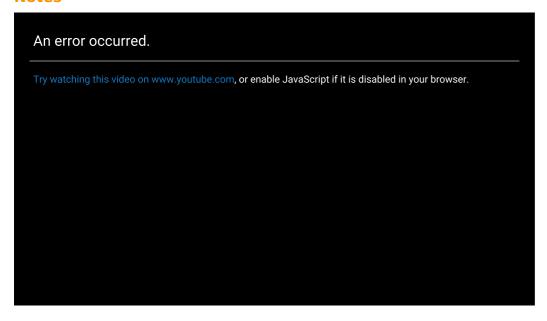
- 2 eggs
- 4 pieces of tortilla or Pita Bread cut into rounds (12cm).
- 4 tbsp salsa
- 4 tbsp grated cheddar cheese
- Small basil leaves
- Pepper, to taste

Method

- 1. Preheat oven to 200C.
- 2. Line the tortilla or Pita Bread rounds into a cup cake baking tray.
- 3. Beat 2 eggs, place in a hot pan and cook slightly (approx. 45 seconds), transfer to a bowl.

- 4. Divide the partially cooked scrambled eggs into the tortilla cups.
- 5. Top with a tablespoon of salsa and grated cheddar cheese.
- 6. Bake for approx. 5 minutes at 200 degrees or until the tortilla is golden and cheese melted.
- 7. Remove from oven and top with fresh chopped herbs and pepper to taste.

Notes



Need some more help. Watch the Video Here

Nutritional Information

Serving size Energy Total fat Saturated fat Carbs (total) Carbs (sugar) Sodium Fibre 2450kJ 28.9g 19.8g **1210mg 266g 10.5**g 68.3g **6.5**g 6.5g

Vitamin D 2.6µg

All nutrition values are per serve.