

Pitas with Ham & Pesto Scrambled Egg



Preparation time: 15 mins

Serves: 2 people

User Rating: ★★★★★

Publication: 10 March 2015

Categories: Breakfast Recipes, Lunch Recipes, Lunchboxes & Snacks



Ingredients

- 6 eggs
- 2 tablespoon cream
- 1 tablespoon fresh basil pesto paste

- 20g butter
- 300g shaved ham
- 2 large lettuce leaves
- 2 wheat pitta bread cut in half

Method

1. Lightly beat the eggs with the cream and pesto. Heat the butter in a non-stick saucepan, when melted and bubbling add the egg mixture.
2. Cooking while stirring for 2 minutes or until just set.
3. Heat the ham in the same pan until becoming slightly crispy on the edges.
4. Carefully open the pita pockets, place in a lettuce leaf, then the ham and spoon in the scrambled egg. Serve immediately.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
414g	3110kj 743kcal	54.3g	39.7g	16.5g	36.1g	4.7g	2600mg	7.2g
Vitamin D								
10.3µg								

All nutrition values are per serve.