

Easy Scrambled Egg Tortilla



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 28 November 2013

Categories: Quick & Easy, Breakfast Recipes, Lunch Recipes, Vegetarian



Ingredients

- 8 eggs
- ½ cup skim milk
- 3 tsp margarine
- 1 tbsp olive oil
- 8 tomatoes, large and ripe, chopped
- 1 – 2 chillies, seeds removed and chopped
- 2 cloves garlic, chopped
- Pepper and a pinch of sugar to taste

- 2 tsp margarine
- 1 cup sweet corn
- ½ cup spring onion, sliced
- 2 tbsp coriander, chopped
- 8 tortillas
- Avocado, sautéed mushrooms or baked beans to serve

Method

1. Heat fry pan and add oil, garlic, chilli. Fry gently while stirring. Add chopped tomatoes, season and simmer until soft and thickened, stirring occasionally.
2. Whisk the eggs and milk in a bowl and season.
3. In a separate pan melt the margarine then add the egg mix gently stirring with a spatula until just cooked. Place sweet corn and margarine in a plastic container, heat in the microwave on high for 45 seconds.
4. Place tortillas into bowls, top with tomato, eggs, sweet corn, spring onion and coriander.

Notes

Perfect served with avocado, sautéed mushrooms or baked beans.

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Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
635g	2240kj 535kcal	23.6g	19.4g	4.4g	58.1g	17.5g	623mg	12.5g
Vitamin D								
5.8µg								

All nutrition values are per serve.