

Spicy Scrambled Egg Breakfast Rolls Recipe

Preparation time: 15 mins

Serves: 4 people

Categories:

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Quick & Easy, Breakfast Recipes, Vegetarian



Ingredients

- 4 x 15cm pieces French bread (or use 4 long bread rolls)
- 1/4 cup peri peri spicy mayonnaise
- 6 large eggs, at room temperature
- 1/3 cup milk
- 1/2 tsp dried chilli flakes

- 2 tbsp butter, chopped
- 60g rocket leaves

Method

Kick start the day with a sensational combination of spicy chilli flakes perfectly melded with soft scrambled egg.

1. Halve bread and spread cut sides with mayonnaise.
2. Use a fork to whisk eggs, milk and chilli flakes in a bowl until just combined. Set aside for a few minutes to allow foam to settle. Use a fork to whisk eggs, milk and chilli flakes in a bowl until just combined. Set aside for a few minutes to allow foam to settle.
3. Heat a medium non-stick frying pan over medium heat. Add butter, melt and swirl to coat pan base. Add egg mixture and cook without stirring for 30 seconds.
4. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting the pan to allow the uncooked egg to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset. Remove from heat. Gently fold the egg mixture once more. Divide scrambled eggs and rocket between bread. Season and serve.

Notes

Tip: If you can't find Peri Peri mayonnaise, substitute with a mix of extra chill flakes or Tabasco sauce mixed regular mayonnaise.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
390	3830kJ 915kcal	34.1g	23.6g	7g	137g	6.9g
Sodium	Fibre					
1810mg	6.9g					

All nutrition values are per serve.