

SYDNEY MARKETS
fresh for
Kids

Spinach & scrambled egg breakfast wraps



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Preparation 15 mins | Cooking 5 mins | Makes 4

125g baby spinach leaves
6 large free-range eggs, at room temperature
1/3 cup milk
2 tbs butter, chopped
4 whole wheat wraps

STEP 1 Place spinach into a heatproof bowl. Pour over boiling water to cover. Stand for a few seconds until spinach wilts. Drain and squeeze excess moisture from spinach. Set aside.

STEP 2 Whisk eggs and milk in a bowl until just combined. Set aside for a few minutes to allow foam to settle.

STEP 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. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting the pan to allow the uncooked eggs 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. Stir through spinach. Gently fold the egg mixture once more. Set aside to cool.

STEP 4 To make wraps, divide scrambled eggs and spinach between wraps. Roll up and secure with string. Serve.

Good for you... **SPINACH**

Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3), folate, vitamin B6 plus its magnesium and potassium make it one of the most valuable vegetables. Spinach is rich in an antioxidant called lutein, which is important for eye health.



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