



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## Breakfast Wrap

*Serves: 1*

*Prep Time: 15 mins*

*Total Time: 30 mins*



*These wraps are a great way to start the day, with eggs, vegetables and cheese. Great for using up leftovers they also make a lovely lunch.*

### INGREDIENTS

- 1 bread wrap
- 2 eggs
- 2 tablespoons milk
- 2 teaspoons vegetable oil
- 1 tomato, chopped
- 75g mixed vegetables
- 1 spring onion, chopped
- 1/4 red or yellow pepper, chopped
- 15g grated cheese
- ground pepper

Add your favourite vegetables, mushrooms, are great in this recipe.

### GET COOKING

1. In a bowl, mix together the tomatoes, onion, pepper and vegetables.
2. Beat the eggs together with the milk, season with pepper.
3. Heat a teaspoon of oil in a frying pan, add the vegetables, cook for 3 minutes, place in a bowl.
4. Heat a teaspoon of oil in the frying pan, pour in the egg mixture, cook for a minutes, sprinkle over the vegetables. Cook on a medium heat until the egg is set, sprinkle on the cheese. Place under the grill and to melt the cheese.
5. Slide the omelette on to the wrap, roll up the wrap, cut into two, serve.



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