

BREAKFAST TORTILLA WITH BAKED BEANS



Makes 6



Prep Time 10 minutes



Cook Time 5 minutes



INGREDIENTS

- 6 eggs
- ½ small onion, finely chopped
- 2 rashers lean bacon, chopped
- 420g can **Wattie's Baked Beans 50% Less Added Sugar***
- Handful fresh parsley leaves, chopped
- 6 snack wraps

METHOD

1. Break the eggs into a bowl and whisk together.
3. Heat a dash of oil in a saucepan and gently cook the onion and bacon until onion is soft and bacon cooked. Add **Wattie's Baked Beans 50% Less Added Sugar*** and heat until beans are hot.
4. Heat tortillas according to packet instructions.

5. Heat a dash of oil in a frying pan (approx. 16cm in diameter). Add 1/6 of the egg mixture. Cook over medium heat, lifting the sides with a spatula so the uncooked egg runs underneath. When the egg is cooked slide it onto a tortilla.
6. Spoon 1/6 of the baked bean mix onto a third of the omelette. Sprinkle over some chopped parsley. Carefully roll the tortilla from the filled side to enclose the filling. Repeat process to make 6 tortillas. Cut tortillas in half on the diagonal to serve.

TIPS

To make rolling easier, keep the tortillas warm and in the packet to avoid drying out while preparing the omelette filling.

* Contains 50% less added sugar and 30% less salt than the regular Wattie's Baked Beans in tomato sauce 420g.