



# Breakfast Burrito

## Ingredients

- 1 teaspoon chipotle paste
- 1 large egg
- Salt and pepper, to taste
- 1 teaspoon rapeseed oil (or olive oil)
- 50g kale (roughly 1 cup), chopped
- 7 cherry tomatoes, halved
- ½ small avocado, sliced
- 1 wholemeal tortilla wrap, warmed

## Instructions

### Step 1 – Prep the Eggs

In a small jug or bowl, whisk the egg with the chipotle paste and a pinch of salt and pepper. Set aside.

### Step 2 – Sauté the Veggies

Heat the oil in a large frying pan over medium heat. Add the kale and cherry tomatoes. Cook for 3–4 minutes, stirring occasionally, until the kale wilts and the tomatoes begin to soften.

### Step 3 – Scramble the Egg

Push the vegetables to one side of the pan. Pour the beaten egg mixture into the empty space and scramble gently until just cooked through.

### Step 4 – Assemble Your Burrito

Place the warm tortilla on a plate. Pile the scrambled egg and sautéed veggies into the center, then top with sliced avocado. Wrap tightly, fold in the ends, and enjoy immediately.