



Breakfast Burrito

COOKING TIME: 20 MINS



Healthy
UCD

SERVINGS: 1

Ingredients

- 2 eggs
- 1/4 tsp smoked paprika
- 2 turkey or pork sausages (removed from casing)
- 2 Wholemeal tortillas
- 30g Cheese
- Avocado Salsa:
 - 1/2 Avocado
 - 1 Tomato (chopped)
 - 1 tbsp Lime juice



Ingredient	Amount	Tesco	Aldi	Centra
Eggs (6 pack)	6 pack	1.39	1.39	1.20
Sausage (6 pack)	6 pack	3.00	2.19	1.45
Tortillas (8 pack)	8 pack	1.89	1.29	-
Avocado	1	1.09	0.69	2.69
Cheese	200g	1.85	1.99	2.40
Tomato	6 pack	2.29	2.29	-
Lime	1	0.99	0.74	1.39
Total cost		12.50	10.58	-
Cost per serving		4.15	3.35	-

Method

1. Make the Avocado-Tomato Salsa: Place the avocado, chopped tomato and lime in a medium bowl and mix to combine. Set aside.
2. Whisk the eggs with the smoked paprika and salt. Set aside
3. Add the sausage to a nonstick pan and cook on medium/high heat for 4 to 5 minutes. Transfer the sausage from the pan to a plate, leaving the drippings in the pan. Reduce the heat to low. Add the eggs and scramble until just cooked through. Transfer the eggs to a plate. Clean the pan (you'll use it again).
4. Assemble the burritos on the wholemeal tortilla, then brown the tortillas on the pan (medium heat)

Nutritional Values

	Per Serving	%RI
Energy (kcal)	474	24%
Fat	26	37%
of which saturates	8.8	44%
Carbohydrates	33	13%
Fibre	5.1	20%
Protein	23	46%
Salt	2.1	35%

Dietary Information



Gluten free



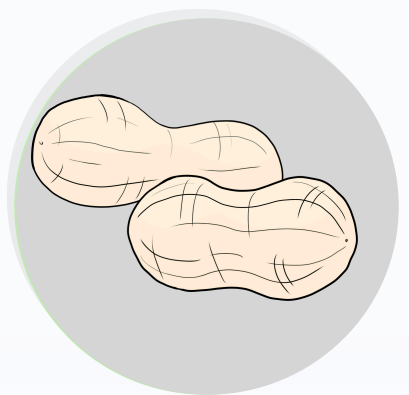
Vegetarian



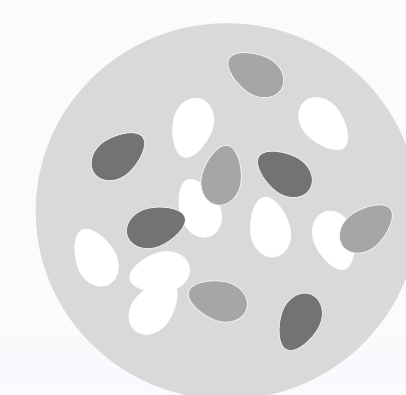
Contains gluten



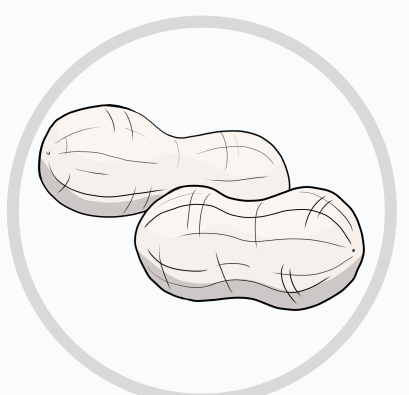
Vegan



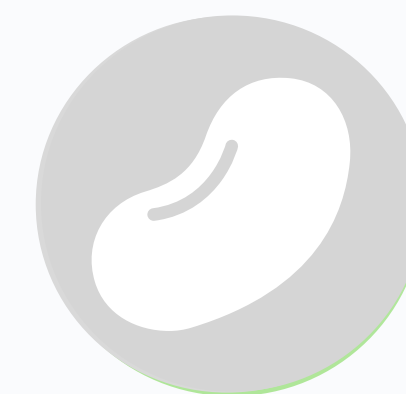
Contains nuts



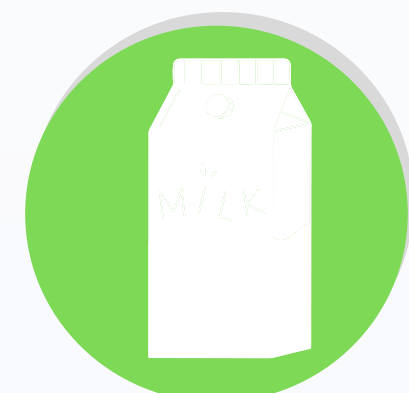
Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish