



Recipe

Egg and Tomato Wraps

Ingredients

- 4 wholemeal or multi-seeds tortillas [deli] wraps.
- 4 tbsp. low-fat soft cheese – 5%fat/
- 1-2 tbsp. snipped fresh chives or parsley [optional]
- 4 large eggs, hard-boiled, drained and cooled.
- 50g rocket leaves.
- 2 tomatoes, sliced.
- Freshly ground black pepper, to taste.

Step 1

Spread one side of each tortilla wrap with soft cheese, sprinkle with snipped chives or parsley [if using].

Step 2

Remove and discard shells from eggs, then slice. Arrange egg slices and rocket leaves across middle of each wrap.
Top with tomato slices and season with black pepper.

Step 3

Wrap/fold or loosely roll up tortilla wraps to enclose filling, cut each into 3-4 portions. Serve immediately.