



EASY OMELETTE WRAP

Ingredients

Packet of wholemeal wraps
2 eggs
1 tbsp parsley
1 tbsp chives
1 cup baby spinach
1/2 cup cherry tomatoes
1/3 cup corn kernels, rinsed
Salt and pepper, to taste

Extra Tips

- Boost your vegetables by adding carrots, red onion, capsicum, broccoli, or more.
- Add grated cheese for an extra tasty option

READY IN: 5 MIN

SERVES: 1

Directions

1. Crack eggs into a bowl and lightly whisk. Pour onto saucepan heated to high temperature and allow to cook for 1 minute. Do not stir.
2. Place wholemeal wrap on top of egg mixture and allow to cook for 1 minute. Putting a spatula under the edge of the egg mixture, flip the omelette wrap until the wrap is on the bottom and the egg is on the top.
3. Add spinach, chopped cherry tomatoes, corn, salt and pepper and fold the wrap in half. Cook until the spinach is wilted and the egg is cooked through. serve immediately.