Spinach & Egg Breakfast Wraps

Soft scrambled eggs, spinach and a little cheese tucked into warm tortillas.

Prep 10 min **Cook** 10 min **Serves** 2

Ingredients

- ☐ 4 large eggs
- ☐ 1 tbsp milk, optional
- ☐ 1 tsp olive oil
- ☐ 2 cups baby spinach
- ☐ 2 medium tortillas
- ☐ ¼ cup shredded cheddar
- ☐ Salt and black pepper



Spoon & Joy recipe illustration.

Before you start

Keep the heat gentle
Fold the eggs slowly over medium-low heat and cook until set, with no liquid egg remaining.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Whisk eggs, optional milk, salt and pepper.

2. Heat oil in a nonstick skillet and cook spinach until wilted.

3. Reduce heat. Add beaten eggs and stir slowly until fully set.

4. Warm tortillas, then divide eggs and spinach between them.

5. Scatter cheddar on top, fold edges and roll to serve.

Storage & making ahead

Refrigerate cooked wraps promptly up to 3-4 days and reheat thoroughly to 165°F.

A useful variation Add salsa or sliced tomato. Cook eggs gently to prevent dry, rubbery curds.

Read this recipe on Spoon & Joy