

Cooking Lunch with Chef Liz and Francesca

Breakfast Burrito

For every burrito use:

Flour Tortilla(s)

2 eggs

1 small potato

Small handful of grated cheese like cheddar

oil/butter salt and pepper

Dice your potato(es). Place on a baking sheet or in a small fry pan. Drizzle with oil and season lightly with salt and pepper. Roast in a 400 degree oven for 15 minutes or until cooked. In a small non stick pan, melt some butter. Crack your eggs and add them to the pan. Season with salt and pepper.. Stir until cooked.

Place a tortilla down flat. Start with the potato, then egg and then the cheese. Fold in the side and roll it up. You may then place in the oven for ten minutes, microwave for two minutes or wrap and heat the next day. This is an excellent make ahead breakfast or lunch for a busy day!

Serve with simple guacamole (recipe below) and or salsa.

Simple Guacamole:

2 avocados

½ juicy lime

Salt

Scoop the avocados into a bowl. Squeeze the lime. Place a good pinch of salt. Mash with a potato masher or a folk. Then stir a lot with a spoon to mix up the natural oils and give it a creamy texture. Eat with your burrito above or on anything!!