

Breakfast Egg White Taco



A low-carb healthy twist on a breakfast burrito. This high protein, light meal is a great way to start the day, with fresh Mexican flavours.

Ingredients

- 1 cup egg whites
- 2 tsp Extra virgin olive oil
- 1 x 400g tin of black beans, drained
- 1/2 tsp ground sweet paprika
- 1/4 tsp ground cumin
- 1 tbsp green tabasco sauce
- 1 avocado, peeled and cut into chunks
- 2 tomatoes, diced
- 1 carrot, shredded
- 2 cups baby spinach

Method:

1. Whisk the egg whites in a bowl. Season with salt and pepper.
2. Grease a 20cm non-stick frying pan with $\frac{1}{4}$ teaspoon of oil and place on the stove over a medium heat.
3. Pour $\frac{1}{4}$ cup of the egg whites into the frying pan and swirl around so the whites cover the bottom of the pan.
4. Cook for 2-3 minutes until the whites solidify, then flip carefully to cook on the other side until golden brown on the edges (2 minutes). Remove from the heat and set aside on a plate. Repeat to make the other egg white wraps.
5. Mix half of the black beans with the paprika, cumin and tabasco in a bowl and mash roughly. Add the rest of the black beans, avocado, carrot and mix together.
6. Layer each egg white wrap with baby spinach and the black bean salad. Season with salt and pepper and wrap tightly.