

Beef and Broccoli Breakfast Wrap

Start your day off right with this healthy and delicious breakfast wrap filled with tender beef, nutritious broccoli, and a touch of sweetness from jam.



Breakfast Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1 small whole wheat tortilla
- 2 oz lean beef, thinly sliced
- 1/2 cup broccoli florets
- 2 eggs
- 1 tablespoon jam (your choice of flavor)
- Salt and pepper to taste

Steps

- 1 Heat a non-stick skillet over medium heat.
- 2 Add the beef slices and cook for 2-3 minutes on each side until browned. Season with salt and pepper. Remove from skillet and set aside.
- 3 In the same skillet, add the broccoli florets and cook for 4-5 minutes until tender-crisp. Remove from skillet and set aside.
- 4 Beat the eggs in a small bowl and season with salt and pepper.
- 5 Pour the beaten eggs into the skillet and cook, stirring occasionally, until scrambled and cooked through.
- 6 Warm the tortilla in a separate pan or in the microwave for a few seconds.
- 7 Spread the jam evenly on the tortilla.
- 8 Arrange the beef, broccoli, and scrambled eggs in the center of the tortilla.
- 9 Roll the tortilla tightly, folding in the sides as you go.
- 10 Cut the wrap in half and serve.