



## Mexican Style Egg Burrito

Serving: 1

Non Veg

### *Ingredients*

- Serves 1
- Egg whites of 3 eggs
- $\frac{1}{2}$  green capsicum, finely chopped
- Salt to taste
- A pinch of cumin seeds powder
- A pinch of black pepper powder
- $\frac{1}{2}$  tomato, finely chopped
- Whole wheat flour/ multigrain wrap, warmed – 1 no.
- $\frac{1}{2}$  tsp oil

### *Preparation Method*

- 1. Heat oil in a non-stick pan over medium heat and add green capsicum, cumin and pepper. Stir fry for 2 minutes.
- 2. Reduce the heat to low and add the egg whites.
- 3. As the egg whites starts to set use a spatula to lift the edge of cooked egg whites letting the uncooked egg white flow to the bottom of the skillet.
- 4. Cook till the egg whites are set but still moist, add tomatoes and salt and mix well. Cook for 1 minute. Remove from flame and keep aside.
- 5. Fill the egg mixture into warmed roti and roll into a tight wrap.
- 6. Serve hot with Mexican Salsa or Guacamole sauce.