



Easy egg rolls

Tasty hot or cold. Egg rolls make a nice change from sandwiches and are great for the lunch box.



Time to prepare: 5 minutes



Time to cook: 10 minutes



Serves 1

Ingredients

- 1 tsp olive oil
- 1/2 onion, diced
- Small handful spinach
- 2 eggs
- 1/3 cup cheese, grated

- 2 slices ham

Method

1. Heat oil in a non-stick fry pan over medium heat.
2. Cook onion for 4 minutes until soft.
3. Add spinach and cook until wilted and transfer mixture to a bowl.
4. Beat eggs in a separate bowl.
5. Pour eggs into pan and swirl to evenly coat the pan to make an omelette.
6. Sprinkle with cheese and cook until eggs have just set.
7. Carefully slide omelette out onto a board or plate.
8. Lay ham in a single layer over omelette and top with spinach mixture.
9. Gently roll up into a parcel, tucking in the sides.
10. Slice in half to serve.

Notes

Make this egg roll with any of your favorite fillings.

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