

# Nadiya Hussein's Egg Rolls



**Serves 4    Prep 30 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

6 free-range eggs  
1 tbsp dried parsley  
½ tsp salt  
½ tsp black pepper oil, for frying  
6 small tortilla wraps  
85g sliced black olives (from 185g jar, drained), cherry tomatoes or diced ham  
100g button mushrooms, sliced  
6 tsp sun-dried tomato paste

1. Crack the eggs into a bowl, add the parsley, salt and pepper, & give everything a good mix.
2. Put a small frying pan over a medium heat, and drizzle in two teaspoons of oil. Use this time to peel the tortillas away from each other.
3. Put the olives (or cherry toms or ham) into a bowl, and the sliced mushrooms in another bowl, and have both nearby. Pour 3 tablespoons of the egg mixture into the pan – the eggs should sizzle, but if they don't, turn the heat up a little.
4. Scatter a few olive slices and mushrooms onto the wet egg mix.
5. Take a tortilla wrap and spread it with a teaspoon of sun-dried tomato paste. Quickly put the tortilla on top of the egg, paste-side down. While the wrap and egg are cooking, get the next wrap ready and spread with the paste.
6. Using the back of a slotted spatula, press the top of the tortilla to help distribute the egg under the wrap. Cook for no more than 30 seconds, then, as soon as the egg has glued itself to the tortilla, flip over and cook on the other side just to warm it through for another 30 seconds. Take the pan off the heat and put the tortilla/egg on a plate. Roll the whole thing when it is cool enough to touch. Do this for all the wraps until the egg is used up. Serve.
7. **Recipe Tips** This dish freezes well. Wrap any leftovers in cling film and pop them into the freezer. When you are ready to eat the leftovers, leave to thaw in the fridge