

Ricotta Brekkie Wrap

Serves 2

4 eggs

2 cups spinach

1 cup mushrooms, sliced

2 tablespoons chopped thyme/rosemary

1/2 cup ricotta

Juice and zest of 1/2 lemon

2 tablespoons pumpkin seeds



Combine the ricotta with the lemon juice and zest and a pinch of salt and pepper. Set aside.

Place a teaspoon of oil/butter in a small saucepan and add the mushrooms, cook for 5 minutes or until mushrooms are browned and cooked through. Add the spinach until just wilted.

Meanwhile whisk the eggs with some salt and pepper. Pour the mixture in a small frypan on low-medium heat and swirl around to make a thin omelette. When it starts to firm up but is not completely cooked through, flip and cook the other side. Slide onto a plate.

Place the mushrooms and spinach horizontally along the top third of the omelette. Top with the ricotta and pumpkin seeds, roll up and enjoy.