

Lunch



RECIPE

Egg Wrap

Ingredients

- 1 egg, beaten properly
- 3 tbsp, finely sliced onion
- 1/4th cup, refined wheat flour
- Oil as required
- Salt to taste

Step by step

Cooking Instructions

In a large nonstick skillet or pan, sauté onions in oil until tender.

Meanwhile, in a bowl, whisk the egg and salt.

Reduce heat to medium; add egg mixture to the pan.

Cook and stir until eggs are completely set, like we do to make scrambled eggs.

Keep the eggs aside and knead the dough to make a tortilla wrap.

Heat a tawa and put the roti/tortilla on it to get light brown color from the both the sides. Use oil whenever required so that it's cooked properly.

Spoon 2/3 cup mixture down the center of each tortilla or roti and roll it up.

Cut it into two parts and serve hot with green chutney.

Nutritional values

2-3 Year olds

| | |
|----------------|----------------------|
| Energy | 19.33 kcal |
| Protein | 57.49% (RDA)* |
| Calcium | 5.73% (RDA)* |
| Iron | 15.77% (RDA)* |

4-5 Year olds

| | |
|----------------|----------------------|
| Energy | 15.18 kcal |
| Protein | 47.76% (RDA)* |
| Calcium | 5.73% (RDA)* |
| Iron | 10.91% (RDA)* |

***Recommended dietary allowance**

TIPS

- You can also add cheese spread or grated cheese to the wrap.
- If your kid likes chilies, then spice it up with some ½ tsp schezwan sauce to cheese spread and make a dressing of it. Slightly spread it on the tortilla or roti and put the egg on to it.
- Instead of refined flour you can also use whole wheat flour or oatmeal flour to make the wrap base.
- You can also add vegetables like bell peppers, tomatoes, carrots and peas.