

Breakfast Tacos

10 minutes preparation

10-15 minutes to cook

Serves 4 for lunch

Serves 8 for a lite bite



INGREDIENTS

1 box tortilla boat (8)

2 tomatoes - thinly sliced

100g diced bacon or ham

80g grated cheddar cheese

Mix together:

4 eggs

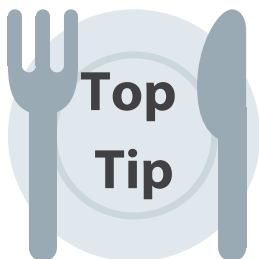
200ml semi skimmed milk

Cracked black pepper



METHOD

1. Place the tortilla boats on a lined baking tray. You can use either parchment paper, silicon oven sheet or tin foil.
2. Fill the tortilla boats with tomatoes and bacon.
3. Pour over egg mixture until it covers the tomato and bacon.
4. Sprinkle the cheese evenly over the ingredients in the tacos.
4. Cook in centre of the oven on gas mk 4 or 180°C for 15 - 20 minutes



Swap out bacon or ham for peppers and onions.

Try using half Mexican spicy cheese or mozzarella instead of just using cheddar.

Serve with either a green salad or with your favourite breakfast accompaniments.

