

OUR RECIPE

MEATY
RECIPE

Breakfast Tacos

Serves 4

INGREDIENTS

- 1 box tortilla boats (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



Swap out bacon or ham for peppers and onions.
Try using half Mexican spicy cheese or mozzarella instead of cheddar.

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

Serving suggestion- serve with green salad or your favourite breakfast accompaniments.