



AVOCADO, GREEN OMELETTE & LETTUCE ROLLS



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Preparation 20 mins | Cooking 10 mins | Makes 4

- 100g baby spinach leaves
- 6 free range eggs
- ½ cup grated parmesan
- 1 tbs olive oil
- 1 ripe avocado
- 1 tbs lime or lemon juice
- 4 large wraps or mountain bread wraps
- Kewpie mayonnaise, for spreading
- 4 Iceberg lettuce leaves
- 2 Lebanese cucumbers, sliced lengthways into thin ribbons

STEP 1 Place spinach into a heatproof bowl. Cover with boiling water. Stir until wilted. Drain spinach, rinse in cold water and leave to drain in a sieve. Wrap spinach in a few sheets of paper towel and squeeze to remove excess moisture. Finely chop spinach. Set aside.

STEP 2 Crack the eggs into a medium bowl. Season with salt and pepper and whisk until combined. Stir through spinach and parmesan.

STEP 3 Swirl 1 tsp oil in a medium non-stick frying pan (about 18cm base) over medium heat. Add ¼ of the egg mixture. Cook for 1-2 minutes until golden, then turn and cook for a minute until egg has set. Slide onto a plate and repeat using remaining oil and egg mixture.

STEP 4 Mash avocado in a bowl with the lime juice until roughly mashed. Place wraps on a clean bench. Spread the centre with mayonnaise. Top with lettuce, omelette, cucumber and mashed avocado. Roll up and secure with string. Cut rolls in half and serve.