Corn, Tomato and Scrambled Egg Wraps

2 breakfast wraps · Active 10 min · Total 18 min

Skills: Easy

Ingredients

- 2 large flour tortillas (120 g)
- 1 teaspoon olive oil (5 ml)
- 1/2 cup canned corn, drained (80 g)
- 1 medium tomato, seeded and diced (120 g)
- 3 large eggs
- 1 tablespoon milk (15 ml)
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped cilantro (5 g)

Set out

Nonstick skillet, Mixing bowl, Spatula, Clean cloth for the warmed tortillas, Instant-read thermometer

Allergens

Wheat, Egg, Milk. Check labels and substitutions.

Make it

1. Warm tortillas briefly in the dry skillet, about 20 seconds per side; wrap in a clean cloth.

2. Heat oil over medium heat. Cook corn and tomato for 2–3 minutes until hot and excess liquid has evaporated.

3. Beat eggs with milk, salt and pepper. Reduce heat to medium-low, add eggs and stir gently until set and 160°F/71°C. Fold in cilantro.

4. Divide filling between tortillas, fold sides in and roll. Serve immediately, optionally crisping the seam briefly in the skillet.

Heat the bread first

One skillet can handle the entire meal if the tortillas are warmed before the eggs. Keep them covered nearby so they remain flexible while the filling cooks.

A useful detail

The base uses drained ready-to-eat canned corn. If using frozen corn instead, complete its full package cooking instructions first, then drain and measure 80 g cooked kernels before the brief corn-and-tomato stage. Allow the additional packet cooking time; thawing alone is not sufficient, and icy kernels add unwanted water to the eggs.

Keep it well

Best immediately. Refrigerate cooked filling within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Store separately from tortillas and reheat to 165°F/74°C before assembling.