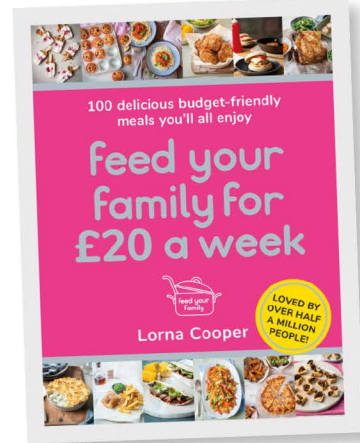


How to make Lorna Cooper's loaded breakfast burritos

Bored of the usual breakfasts?

"These loaded burritos make a great hot breakfast with minimal fuss in the morning," says Lorna Cooper, author of new cookbook, *Feed Your Family For £20 A Week*.

"They definitely taste like they cost a whole lot more than they do! I often make these at the weekend and then wrap and freeze for a quick and easy hot breakfast midweek."



■ *Feed Your Family For £20 A Week* by Lorna Cooper, photography by Andrew Hayes-Watkins, is published by Seven Dials, priced £16.99

Ingredients (Serves 12)

Oil, for frying
2 sausages, removed from their skins
1 onion, diced
1/2 pepper, diced
1 tomato, diced
6 eggs
50ml milk
50g cheese, grated
Parsley, chopped
2 cooked potatoes or 1/2 tin, diced
12 wraps

Method

1. Pour a little oil into a frying pan and add the sausages, breaking them up with a wooden spoon (as you would if you were browning mince).
2. Add the diced onion and cook for five minutes.
3. Add the pepper and tomato and cook for a further five minutes.



4. Whisk the eggs in a bowl and add the milk. Add this to the sausages and veg, and cook like you would scrambled eggs until the egg has cooked through.
5. Remove from the heat

and add the grated cheese and parsley. Stir through the potatoes.

6. Spoon the mixture onto 12 wraps and then either roll or fold them up, ready to eat.

