

## Egg Rolls

BBC Food Nadiya Hussain

Serves 6

- 6 eggs
- 1 T dried parsley
- 1 tsp garlic granules
- ½ tsp salt
- ½ tsp black pepper
- Oil, for frying
- 6 small tortillas
- 85g sliced black olives
- 100 g fresh button mushrooms, sliced (optional)
- 6 tsp tomato paste



1. Crack the **eggs** into a bowl, then add the **parsley**, **garlic granules**, **salt** and **pepper**, and mix well.
2. Put a small frying pan over medium heat, and drizzle in **2 tsp of oil**.
3. Put the **olives** into a bowl, and the sliced **mushrooms**, if using, in another bowl, and have both nearby.
4. Pour **3 T of the egg mixture** into the pan – the eggs should sizzle, but if they don't, turn the heat up a little.
5. Scatter a few **olive slices** and **mushrooms** onto the wet egg mix.
6. Take a **tortilla** and spread it with a teaspoon of **tomato paste**. Quickly put the tortilla on top of the egg, paste-side down. While the wrap and egg are cooking, get the next wrap ready and spread with the paste.
7. Using the back of a slotted spatula, press the top of the tortilla to help distribute the egg under the wrap. Cook for no more than 30 seconds, then, as soon as the egg has glued itself to the tortilla, flip over and cook on the other side just to warm it through for another 30 seconds.
8. Take the pan off the heat and put the tortilla/egg on a plate. Roll the whole thing when it is cool enough to touch. Do the same with the rest of the wraps until the egg is used up. Serve.

This dish freezes well. Wrap any leftovers in cling film and pop them into the freezer. When you are ready to eat the leftovers, leave to thaw in the fridge.

[https://www.youtube.com/watch?v=n\\_n0jwVdbmI](https://www.youtube.com/watch?v=n_n0jwVdbmI)