

# Scrambled Egg Stuffed Pitta

 1 serving      311 Kcal / serving

## Ingredients

- 2 - Eggs
- 25ml - Low fat milk (1.5% fat)
- 1 (56g) - Wholemeal pitta bread
- 15g - Baby spinach leaves
- Freshly ground black pepper



## The Method

Heat a pan over medium heat.

Meanwhile, break the eggs into a bowl and add the milk and season with pepper. Beat with a fork.

Pour the egg mixture into a non-stick frying pan over a medium heat and stir for 3-4 minutes until the eggs are scrambled.

Meanwhile, toast the pitta bread so that it puffs up and then split open. Stuff with the spinach and scrambled eggs to serve.

 Suitable for vegetarians