

# Tasty Egg Wraps

**Serves 1**

## Ingredients

### Egg Wraps:

2 large eggs  
 1 1/2 tbsp low FODMAP milk\*  
 1/2 tbsp gluten free all purpose flour\*  
 Drizzle of neutral oil (rice bran, canola, sunflower)  
 Season with salt & pepper

### Veggie Filling:

41 g eggplant  
 0.5 red capsicums  
 70 g carrot  
 66 g courgette  
 1/8 tsp paprika\*

### Garlic Infused Mayonnaise Dressing:

1 1/2 tbsp mayonnaise\*  
 1/2 tsp garlic infused oil\*  
 1/2 tsp lemon juice\*  
 Season with black pepper\*



## Method

1. Put a medium sized nonstick frypan on to heat over medium-low heat. Mix together the soy protein milk (lactose free milk or milk substitute) and all purpose gluten free flour in a medium sized bowl. Once smooth, whisk in the eggs until the mixture is evenly yellow. Season with salt and pepper.
2. Grease the nonstick pan with neutral oil. Add one serve of mixture to the pan and tip the pan in a circular motion until it is evenly spread over the base. Allow to cook for about 1 minute and until the edges start to lift. Using a spatula or fish slice gently lift up and flip the wrap and cook for another 30 seconds or so, until the wrap is starting to go golden on that side. Repeat the process to make each wrap.
3. Cut the eggplant into small pieces. Deseed and slice the red capsicums into small pieces. Turn the pan heat up to medium-high heat and fry the veggies for about 3 to 4 minutes, until the bottom of the eggplant goes golden brown. While the veggies cook, grate the carrot and courgettes. Flip the eggplant and red capsicums and add the grated carrot and courgettes to the pan. Season with salt and pepper and a sprinkle of paprika. Cook for a further 2 to 3 minutes.
4. Make the garlic mayonnaise by mixing together the mayonnaise, garlic infused oil and lemon juice. Season with black pepper.
5. Lay the egg wraps flat and fill the centre with the veggie filling. Then drizzle with the garlic mayonnaise. Wrap the egg wraps around the filling like a soft tortilla. Then you can either eat them hot, or wrap them in baking paper and eat them cold. These wraps make a delicious lunch!

Recipe provided by Alana Scott



Alana has Irritable bowel syndrome and coeliac disease. She is allergic to nuts and intolerant to dairy products. Hence, she understands how difficult it can be to cook with food intolerances. Her recipes inspired her to found A Little Bit Yummy, where she shares her recipes.