GlutenFreeNutrition
Coeliac Disease & Food Intolerance Dietitian

Breakfast Egg & Potato Wraps
Gluten Free Dairy Free
Low Chemical

Makes 2
Ingredients:
2 Pre-made potato bread/wraps
4 eggs
1 Tblsp Chopped parsley
1 Tblsp Chopped chives
Iodised salt to taste
Rice bran oil for cooking

Note on potato wraps:
Use the linked recipe, but make each wrap the size of a dinner plate. Don't let them get crisp as they need to fold

Method:
The egg mixture can be made at night and stored in the fridge to use in the morning

- Beat the eggs in a bowl

- Add the salt, chives and parsley

- Brush oil on a small fry pan

- Pour half the mixture into the pan and cook the first flat egg pancake

- Repeat. Store the 2nd one for the next day

- Place one of the egg pancakes on the potato wrap

- Fold the wrap and cook on a sandwich press

Serving ideas:
- Eat hot at home

- Wrap in baking paper and rush out the door in the morning

- Could be taken for a lunch and heated at work

- You can put chopped vegetables or meat in the middle of the egg pancake before heating

Link to potato flat bread recipe
https://glutenfreenutrition.com.au/potato-flat-bread/
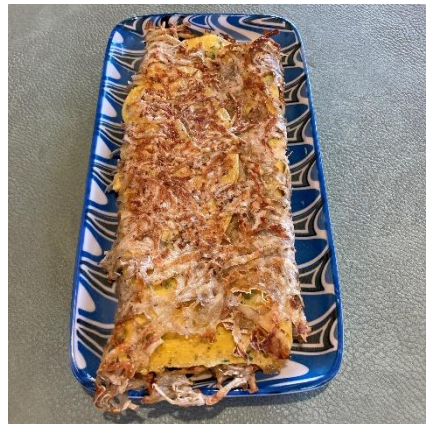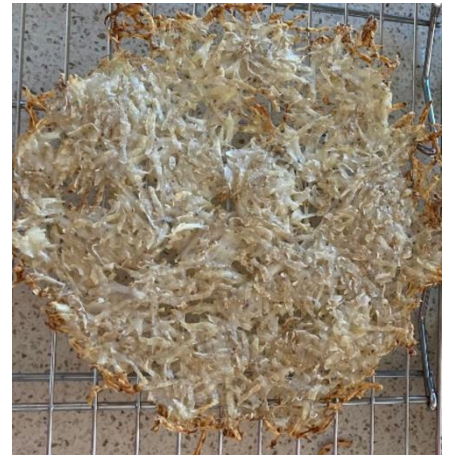
Potato Flat Wraps
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Makes 3-4

Ingredients:
1 kg potatoes
        (Dutch cream in photo)
2 Tblsp psyllium husks
2 Tblsp tapioca flour, or other starch
½ tsp iodized salt
Baking paper

Method:
- Preheat the oven to 220^{0}C
- Peel and grate the potatoes, using the large holes on the grater
- In a bowl combine the grated potatoes with the other ingredients and let it sit for about 5 minutes. They do start to discolour, but that's OK.
- Line an oven tray with baking paper.
- Take about one third of the mixture, and place in a thin tea towel and squeeze the liquid from it
- Flatten it out on the baking paper into a thin rectangle or circle wrap shape
- Repeat until the mixture is finished. They do not spread, so can be close together on the tray.
- Cook for about 20-30 minutes. Check that they don't get too crisp around the edges
- While hot, carefully peel them off the paper

Serving ideas:
- Place fillings of your choice along one edge and then wrap