

Avocado Breakfast Rolls

Serves 2

- 4 savoy cabbage leaves, stem trimmed
 - 4 eggs
 - 4 rashers bacon, finely chopped
 - 1 large tomato, seeded, finely chopped
 - 1 cup grated cheddar
 - 1 firm ripe avocado, thinly sliced
1. Cook cabbage leaves, one at a time, in a large frying pan of boiling water for about 1 minute on each side or until tender. Remove with tongs and place on a clean tea towel. Pat dry.
 2. Heat a lightly oiled 20cm round frying pan over medium heat. Cook bacon until golden and crisp. Remove and set aside. Wipe pan clean with absorbent paper.
 3. Lightly beat one egg in a bowl. Season. Add egg to frying pan over medium heat, swirling to cover base and form an omelette. Cook for about 2 minutes or until just set. Turn and cook for a further 10 seconds. Slide onto a warm plate. Repeat with remaining eggs.
 4. To assemble rolls, lay cabbage leaves on a clean work surface. Top each leaf with an omelette, a slice of bacon, chopped tomato, cheese and sliced avocado. Roll to enclose. Trim ends. Cut in half.

