



Southwark Children and Family Centres
Bermondsey and Rotherhithe



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Camberwell and Dulwich

Stay at Home: ... Let them Help you Cook



Use

Mini tortilla wraps / 2 large cut into smaller circles

4 eggs

3 cherry tomato, halved.

chopped veg

You will need

Mixing bowl

6 hole muffin tin

How to make;

1. Set oven to 180c / 160c fan / gas 4
2. Line muffin tin with tortillas
3. Mix egg in bowl, adding chop vegetables.
4. Pour egg mixture into tortilla
5. Top each tortilla with half tomato.
6. Bake 15 minutes, or until egg sets.

Cooking with kids not only is a fun and cheap activity, it's great for giving them some life-skills, boosting their confidence, and even practicing some fine-motor skills.

