Allergens*:







Breakfast Wraps

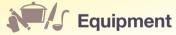


Cost per person 96p

See ingredients and cooking method overleaf...

Serves 4

This sausage, tomato, spinach and avacado wrap is the perfect grab-and-go breakfast all wrapped up! Drizzle over a little sriracha to give it a kick for a tasty start to your day.



- Frying pan/oven (to cook sausages)
- Wooden spoon
- Chopping board

- Knife
- Fork



Funded by Warwickshire County Council

* Ingredients and allergens may vary from different food shops and any Quorn products can contact egg, gluten, and milk, so to always check the label

Breakfast Wraps



Ingredients:

- 4 wholemeal wraps
- 4 chicken sausage or quorn sausages
- 2 salad tomatoes
- Handful of spinach
- 2 ripe avocadoes
- Sriracha to serve









Method:

Cook the sausages as per the instructions on the pack.

Cut the sausage lengthways and place in the wrap.

Cut up the tomatoes, spinach and avocadoes, dividing evenly in each wrap.

Drizzle with sriracha and wrap up.



