

Allergens*:



Gluten



Milk

Family Recipe Card 15

Breakfast Wraps



Cost
per person
96p

See
ingredients
and cooking
method
overleaf...



Serves 4

This sausage, tomato, spinach and avocado 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.



Equipment

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

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* Ingredients and allergens may vary from different food shops and any Quorn products can contain 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 avocados
- 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 avocados, dividing evenly in each wrap.

Drizzle with sriracha and wrap up.

