

Allergens\*:



Gluten



Milk

# 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

\* 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.

