



*SPICY AVOCADO AND SCRAMBLED EGG
WRAP PARCEL (BREAKFAST)*



1 serving



15 minutes

INGREDIENTS

1 whole wheat wrap
2 eggs
1 slice sharp cheddar
1/4 medium avocado
Fresh basil
Tabasco
1 spring onion

DIRECTIONS

1. Mash the avocado with finely diced spring onion, a few shakes of tabasco, salt, pepper and freshly chopped basil. Scramble the egg.
2. Place the avocado into the centre of the wrap, then the cheese then the egg.
3. Finish with extra black pepper and salt, fold into a parcel and spray with oil.
4. Air fry or pan fry for 6-8 minutes at 200c fan until crisp and golden.

465kcal and 25g protein