



# Savoury Mexican Wrap

## Ingredients - between 2

2 wraps  
25g cheese  
 $\frac{1}{4}$  red pepper  
 $\frac{1}{4}$  red onion  
5ml vegetable oil  
15ml Sour cream

## Plus pick 3 additional ingredients from the following:

**Spices & herbs** - Mild fajita seasoning, chilli powder, fresh coriander

**Vegetables** - Sweetcorn

**Fruits** - Tomatoes, pineapple

**Meat or non-dairy protein** - Quorn chicken pieces

## Method

1. Collect all ingredients and pre-heat oven to 200°C
2. Dice the pepper and onion.
3. Gently heat the vegetable oil and fry the pepper and onion with selected spices, Quorn and sweetcorn, if desired.
4. Divide fried vegetables between two wraps. Sprinkle with cheese. Add sour cream.
5. Fold wraps on a tray and bake in the oven for 5-10 minutes.