



Meat Free Mince SWEET CHILLI WRAP

cooking time: 35min

Naturally CHOLESTEROL FREE

serves
4



Ingredients

- 1 box of Fry's Meat Free Mince
- 2 tbsp Olive oil
- 1 tsp Dry mixed herbs
- ½ tsp Rosemary
- ½ tsp Cumin seeds
- ½ Green pepper, sliced in julienned strips
- Handful of almonds, diced
- ½ Avocado, sliced in julienned strips
- 3 tbsp Egg-free mayonnaise, add more if desired
- 3 tbsp Sweet chilli sauce, add more if desired
- 4 Seeded tortilla wraps

Method

Heat oil in frying pan for 1 minute and then add cumin seeds. Allow to cook until the cumin seeds are golden brown. Add Fry's Mince, mixed herbs and rosemary and cook for 10 minutes. Add a small amount of water if necessary to prevent burning. Add pepper and stir. Allow to simmer for 4-5 minutes.

Remove the pan from the heat. Add mayonnaise, sweet chilli sauce to the mixture to taste. Add avocado to the mixture and garnish with almonds.

Place in tortilla wraps and ready to serve.

Feel like a
kid again

