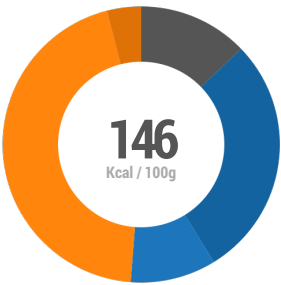


Pulled Quorn wrap with pink slaw

By Oliver Lloyd from Brakes



CALORIES:

38.4% Carbs

12.8% Protein

48.8% Fat

CONTAINS:



WHEAT



MUSTARD

Recipe Ingredients ...	Quantity:	Description:
134199 Quorn Vegan Fillets	69g	0.03x Each
10469 Cooking Onions	50g	0.02x Each
33585 Brakes Paprika	2g	0x Each
133978 Heinz Bull's-Eye Original BBQ Sauce	30g	0.01x Each
10214 Red Cabbage	15g	0.01x Each
450694 Carrots	10g	0.01x Each
10224 Red Onions	10g	0.01x Each
116334 BD Foods Green Chilli, Coriander, Lime & Mint	20g	0.04x Each
126924 Brakes Vegan Mayo	30ml	0.03x Each
123350 La Boulangerie 12" Fully Baked Turmeric Spiced Tortillas	1g	0.01x Each
114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	10g	0.02x Each

1 Serving



247g / 373kcal

Cooking Instructions & Notes

Preparation:

Shred the Quorn fillets

Finely slice the cooking onion

Shred the vegetables for the slaw (cabbage, carrots, red onion)

Defrost the wrap

Method:

1. Place the sliced onion, paprika, sugar and bbq sauce into a bowl, mix well then add the Quorn and coat in the marinade mixture.
2. Cover and set aside in the fridge for at least 30 mins.
3. Mix the slaw ingredients together in a bowl with half of the green chilli, coriander & mint dressing, chill until required.
4. Mix the remaining half of the dressing with the mayo.
5. Tip the Quorn and marinade onto a lined baking tray and bake in the oven for 15 mins at 180oC
6. Spread a little of the mayo onto the wrap and spoon on the quorn followed by the slaw.
7. Wrap tightly, carve and serve