



LIAM HOWELLS
PERFORMANCE NUTRITION

Chicken Burger Wrap



Calories: 588



Carbs: 10



Protein: 17



Fat: 15

SERVINGS: 2

PREPTIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- 2 Quorn southern fried chicken burgers or you can use a meat version!
- 1 low calorie tortilla wrap
- 1 tomato finely sliced
- 100 g avocado
- 40 g reduced fat cheddar grated
- A handful of salad leaves
- 25 g lightest cream cheese

Directions

- To start, cook your burgers in the oven at 180 degrees for around 15 minutes, following the instructions on the box.
- To prepare the wrap, first spread the low fat soft cheese all over the base. Sprinkle on the salad leaves and grated cheese.
- Carefully arrange the sliced tomato and avocado across the salad leaves. Add your burgers to the middle of the wrap and wrap it all up.
- Cut in half and serve!