

Quick Wrap with Spicy Avocado



Looking for a delicious and easy-to-make meal idea? Why not try our Spicy Avocado Wrap recipe! With a zesty filling, these wraps are a flavorful option. Savor every bite, you won't regret it.

Preparation 5 min
Cooking 3 min
Servings 2
Nutrition Facts (per serving)
Calories 410
Fat 20
Carbohydrates 32
Fibre 7
Protein 28
Sodium 200

Ingredients

- 175 g fondue meat of your choice (chicken, pork or beef), thawed
- 2 whole wheat tortillas
- ½ avocado
- 10 ml (2 tsp) spicy sauce (such as Sriracha)
- 250 ml (1 cup) baby spinach
- 60 ml (¼ cup) grated cheddar cheese

- 125 ml (½ cup) red cabbage, sliced
- Pepper and salt, to taste

Preparation

1. Bring a pot of water to a boil and, slice by slice, add the meat. Cook for 30 seconds. Remove and let drain. Season to taste. Set aside.
2. Assemble wraps by mashing ¼ of an avocado in the center of each tortilla and place 1 tsp. of spicy sauce on top.
3. Garnish with spinach, meat, cheese, a few slices of tomato and red cabbage, then fold the tortilla towards the center of each side and roll.

Notes

Can be kept for 4 days in the refrigerator.



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