

Melt in the middle Jalapeño burger wraps



Serves	Prep Time	Cooking	Total Time	Calories
4 people				392 kcal

Stuff that's in it:

- 500G 5% Lean Steak Mince
- 4 Tortilla Wraps
- 150G White Onion (Finely Diced)
- 30G Sliced Jalapeños (Finely Chopped)
- 20G Dijon Mustard
- 80G Protein Cheese (Sliced Into 4 Domino Mini Matchbox Shapes)

What you do:

Shallow fry your diced onion until softened, you can add a touch of water to stop it sticking.

In a large bowl, add your mince, onion, jalapeños, mustard and season. Shape into 4 patties, oblong shape.

Heat a griddle pan, preferably one with lines/grooves. Push a cheese wedge into the middle of each one and roll the meat around and pack tightly in the middle, slightly flatten around the edges and fry for around 10 minutes or until cooked through and you can just start to see the cheese come through.

Microwave a wrap to warm through, then roll the wrap around the patty and fold you can add salad now if you wish.

Add to the hot griddle and heat each side until you have the charred lines.

Slice in half and serve

Nutrition

- Carbs: 35g
- Fat: 10g
- Protein: 40g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com