

High Protein Veggie Wrap



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 1 person | | | | 243 kcal |

Stuff that's in it:

- 100G Baked Beans
- 100G Egg White (To Make The Wrap)
- 50G Egg White (To Include With Egg)
 - 1 Egg
 - Baby Spinach (Shredded)
 - Baby Tomatoes (Quartered)
 - Chestnut Mushrooms (Sliced)
 - Squirt Of Oil

What you do:

Pre heat your grill to medium.

Add your mushrooms to a small pan and sauté for a few minutes to get some colour on them, you can steam with a little water or add a thumb of oil.

Grease a large fry pan with a thumb of oil.

Whisk 50ml egg white with the egg set aside.

Heat the large pan and pour the egg white in and tilt the pan so it's all covered and even. Cook for around 30 seconds until opaque, lift the sides a little with a spatula to loosen from bottom then pop under grill for 30 seconds, remove and roll out onto a plate, you may need to be a little careful as it's delicate, lay flat in a disc shape.

Warm your beans, whisk your egg and egg white and microwave until fluffy.

Add the scrambled egg on the egg wrap first, then later with beans, spinach, tomato, mushrooms and more beans. Roll up and slice in half, more of a knife and fork job.

So tasty!

Nutrition

- Carbs: 13g
- Fat: 7g
- Protein: 29g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com