

Dinner

RECIPE CARD

Cheeseburger Wrap (Serves 4)

RECIPE NAME

Dinner

MEAL TIME

5 minutes

PREP TIME

20 minutes

TIME TO COOK

A quick and easy dinner that will transport you to an American Diner booth!

NOTES

Approx. 480 kcal
per serving

CALORIES

INGREDIENTS

- ★ 450g 5% fat Beef Mince
- ★ 60g Onion, *diced*
- ★ 2 tbsp. Ketchup
- ★ 1 tbsp. American Mustard
- ★ 1 tbsp. Worcestershire sauce
- ★ Salt & Pepper
- ★ 4 flour Tortillas
- ★ 250g reduced-fat Grated Cheddar Cheese
- ★ 40g Dill Pickles
- ★ 1 Tomato, *sliced*
- ★ A handful of Lettuce

METHOD



Heat a nonstick pan over a medium-high heat. Add the ground beef and onions. Heat until the beef is fully cooked, around 8 minutes.



Stir in the ketchup, mustard, and Worcestershire sauce. Season with salt and pepper.



Lay out the flour tortillas, adding $\frac{1}{4}$ of the cheddar cheese in the centre. Place $\frac{1}{4}$ of the burger mixture on top and then the pickles, tomatoes, and lettuce.



Fold like a burrito before grilling like a panini to seal everything together.