Invented for life



Back to School Lunch Wrap

Difficulty: Easy Servings: 4 Preparation Time: 10 minutes Cooking Time: 5 minutes

Ingredients

6 rashers of bacon
Olive oil, for cooking
1 avocado, diced
⅓ cup sour cream
1 tablespoon lime juice
1 large tomato, roughly diced
1 medium cos lettuce heart, roughly chopped
Sea salt and pepper, to taste
4 large wraps of your choice





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Method

- 1. Place a large pan over a medium-high heat and add oil.
- 2. Add the bacon rashers and cook for 2 minutes on each side or until golden and crispy. Set the bacon aside to cool slightly, then roughly chop.
- 3. In a large bowl, combine the avocado, sour cream, lime juice, diced tomato, roughly chopped lettuce and bacon. Season to taste and toss gently to combine.
- 4. Lay the wrap out in a single layer on your work surface. Divide the mixture evenly between each wrap, then wrap tightly to enclose the filling. Cut each wrap in half and enjoy!

