

 **Preparation:** 25 mins
Cooking/baking: 20 mins

 **Serves:** 4

 **Difficulty:** easy

Big Mac-style protein wrap



All the flavour of a big, juicy burger, minus the bun. This protein-packed, low-carb wrap is loaded with quality beef, melted cheese, crisp salad, crunchy cornichons and a tangy burger-style sauce. Rolled up and ready to go – no drive-through required.

INGREDIENTS

For the wrap:

- 200g Greek yoghurt
- 100g cheddar, grated
- 4 eggs
- 50g spelt flour
- Salt and freshly ground black pepper, to taste

For the sauce:

- 3 tbsp Greek yoghurt
- 2 tbsp ketchup
- 1 tbsp wholegrain mustard
- ½ tsp balsamic vinegar
- Salt and freshly ground black pepper, to taste

For the filling:

- 1 tbsp olive oil
- ½ onion, finely chopped
- 300g quality minced beef
- 100g smoked Red Leicester, grated
- 2 medium tomatoes, diced
- 6-8 cornichons, finely sliced
- 2 handfuls of iceberg lettuce, finely shredded

RECIPE

1. Preheat the oven to 180°C/160°C fan/gas 4 and line a large tray with baking paper.
2. Place the Greek yoghurt, cheddar, eggs and flour in a bowl. Season with salt and pepper and mix until well combined.
3. Pour the mixture onto the prepared tray and spread into an even rectangle. Bake on the second shelf from the bottom for around 15 minutes, until golden and set.
4. Meanwhile, stir together all the sauce ingredients in a small bowl and season to taste.
5. Warm the olive oil in a large frying pan over a medium-high heat. Add the onion and minced beef and fry for about 5 minutes, breaking up the beef as you go, until browned and cooked through. Season with salt and pepper, then sprinkle the Red Leicester on top so that it begins to melt.
6. Remove the baked wrap from the oven and spoon the cheesy beef mixture evenly over the top.
7. Scatter over the tomatoes, cornichons and lettuce, then drizzle with the sauce.
8. Using the baking paper to help you, carefully roll everything up into one large wrap. Slice into four portions and serve while warm.

