



## SAUSAGE, EGG & SPINACH WRAP

SERVES 2

### INGREDIENTS:

- 3 good quality or reduced fat sausages
- 2 eggs
- 2 high protein wraps (i used M&S but I know others do similiar)
- 2 handfuls of spinach
- 2 cheese slices

### INSTRUCTIONS:

- remove the sausages from their skins. squeeze them together with your hands and split into 2 patties.
- place in your airfryer drawer and set at 200 for 12 minutes.
- on the hob, heat up a small non-stick frying pan. whisk up the eggs and season with salt and pepper.
- pour the eggs into the pan and allow to spread out so it makes a thin omelette. Ensure fully cooked through before cutting in half.
- with 2 minutes left on the patties, top with a cheese slice and allow to finish cooking.
- to assemble place the wrap on a flat surface and place a handful of spinach in the middle. top with half of the omelette and then a pattie. drizzle with your choice of sauce. fold the 2 sides into the middle and then roll up. repeat with the 2nd wrap.
- serves 2 or have one now and refrigerate the other for the following day.

500cals 36g P 36g C 25g F