



MEDITERRANEAN WRAP

SERVES 1 PREP ~ 6mins SUITABLE FOR: Pescatarian

Inspired by the taste of the Mediterranean. A delicious combination of tuna and avocado means this wrap is packed full of protein to appease satiety, heart-healthy monosaturated fatty acids and array of B-vitamins that ensure efficient metabolism of energy within our muscle cells. The wrap provides fuel to make this a perfectly balanced meal suitable for all occasions.



NUTRITION INFO

Health Score 10.4. High in Vit A, Vit K & Sodium

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
515	38.1g	9.3g (10.3%)	42.8g	16.7g	2.4g (12.1%)	14.8g (49.4%)

INGREDIENTS

- 1/2 Avocado
- 2 teaspoons vinaigrette
- 1 Tin (200g) Tuna
- 8cm Cucumber
- 1 Wholemeal Wrap
- ½ Pepper
- ½ Juiced Lemon
- Pinch Coriander
- ½ Onion

METHOD

1. Preheat the grill to high. Slice the halloumi into 4 even width rectangular pieces. Grill the Halloumi for ~ 4min each side till slightly charred.
2. Meanwhile, chop the tomato & arrange ½ on each wrap. Add a handful of spinach on each wrap. Add mayonnaise if desired.
3. Place 2 halloumi on each wrap & fold

