**Dylan’s Recipe.**

Vegan Quorn and vegetable wraps

A bowl of cereal and milk next to a bowl of cereal

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**The inspiration:**

This is inspired by Mexican food and I made it because this is something that me and my brother and sister enjoy.

**Ingredients:**

Vegan Quorn pieces

Red onion

Thinly sliced vegetables (carrot, babycorn, green pepper or whatever you like the best!)

Tomato puree (1 tbs)

Seasoning (1tps of paprika, ½ tps cayenne pepper, salt and pepper)

Wraps

A picture containing indoor, person, floor

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**Instructions:**

Chop the onion and fry in olive oil in a frying pan. When the onion is soft add the sliced vegetables and stir fry for 5 minutes. Then add the Quorn pieces, the seasoning and puree.

Cook for another 5 minutes.

Warm the wraps in a microwave and then you’re ready to serve!

You can also enjoy the wraps with a homemade salsa: use a food processor to blend tomatoes, a teaspoon of tomato puree, 1 garlic clove, 1 teaspoon of coriander leaf and the juice of 1 lime. Add some chilli flakes if you don’t mind it being a bit spicey!

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