

SPICY 🌶️🌶️🌶️ TORTILLAS WITH TURKEY

2 persons / 465 kcal per serving

Ingredients:

- 1 tablespoons oil
- 150 grams turkey breast
- 140 grams Mexican blend (drained weight)
- 20 grams burrito seasoning mix
- 1-2 tablespoons jalapeño slices
- 2 large tortilla wraps
- 100 grams salad mix
- 115 grams wrap fajita sauce
- 1 cucumber
- 1½ tablespoon vinegar
- 1-2 teaspoons sugar
- fresh pepper



Preparation:

Rinse and grate cucumber. Mix the cucumber grater with vinegar, sugar and pepper. Heat oil in frying pan and fry turkey around brown. Drain Mexico blend and mix with turkey. Stir burrito mix and 100 ml water, bring to a boil and simmer for 5 minutes. Add peppers. Heat tortillas according to instructions. Spread lettuce, turkey mixture and wrap sauce successively and double tortillas. Serve with the cucumber salad.

Nutritional value per portion:

Energy:	465 kcal
Protein:	30.5 grams
Carbohydrates:	54.9 grams
- including sugars:	11.9 grams
Fat:	12.8 grams
Fiber:	8.3 grams
Salt:	3.8 grams