



LOADED PROTEIN WRAP

This satisfying wrap is stuffed with chopped eggs, soft avocado, fresh greens and sliced olives mixed with avocado oil mayo and Everything Bagel seasoning. A sprinkling of paprika crisps adds extra crunch, while a drizzle of buffalo sauce delivers heat and tang. Wrapped tightly and finished with more hot sauce, it's a quick lunch with bold flavours and plenty of bite.

Prep time 5 minutes | Cook time 6 minutes | Serves 1-2

120g romaine lettuce, trimmed
50g peashoots
30g green olives, pitted
½ large avocado
2 sticks celery
30g cheddar cheese, grated
3 Burford Brown eggs
2 tbsp Dr Wills Avocado Oil mayo or
Green Goddess dressing
1 tbsp Everything Bagel seasoning
Paprika crinkle cut crisps
1 extra large wrap
Dr Wills Buffalo sauce or Sriracha,
to serve

Place the eggs in a pan of cold water, bring up to a boil, cook for 6 minutes remove from pan and peel.

Place the lettuce, watercress, olives, avocado, celery, and eggs on a board and chop, scrape into a large bowl.

Add the cheese and avocado mayo and stir to combine, season with everything bagel and stir in some crisps for crunch. Drizzle with some Dr Wills buffalo sauce.

Lay the wraps onto a sheet of foil or greaseproof. Press the chopped filling into a bowl and invert onto the wrap.

Wrap up using the paper to help you.

Cut in half, drizzle with more hot sauce and enjoy.



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FABULOUS EGGS BY FABULOUS BIRDS SINCE 1928




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