

Vegetarian wrapp, cream cheese, avocado and hard boiled egg, romaine leaf

Recipe for 4

Description

A vegetarian wrap that will easily fill your lunches on the go.

Note

You are free to imagine all kinds of toppings to make your next Wrap.

You can add a sauce of your choice (mayonnaise, ketchup, ranch...).

Ingredients

Wrap and garniture

- 4 Unit(s) Tortilla
- 8 Piece(s) Vache qui rit cheese
- 4 Unit(s) Hard eggs
- 2 Cup(s) Grated carrot
- 2 Unit(s) Red pepper
- 2 Unit(s) Avocado
- 4 Leaf(ves) Romaine salad

Preparation

- Preparation time **45 mins**

Preparation

In a pot of boiling water, plunge the eggs in and let them cook for 10 to 12 minutes. Put them under cold water, then peel them. Slice them in a bowl. Add the avocado flesh, using a fork, mix it all together guacamole way.

Empty and julienne the peppers (sticks).

Make sure the salad leaves are clean.

Dressing

Spread your tortilla on the clean table, in the center, brush generously with cream cheese. Place a nice spoonful of egg salad and avocado on top.

Add the julienne bell pepper and grated carrots, and finally the romaine leaf.

All you have to do is roll it up.

Enjoy your meal!

Bon appétit!