



PIZZA WRAPS

WITH CRUNCHY COS SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

These egggy pizza wraps are a light, simple and tasty meal. Make a big batch at the start of the week and enjoy easy leftovers for breakfast, lunch or dinner.



SALAD

- 1/4 cup plain, unsweetened yoghurt (60ml)
- 2 Tbsp mayonnaise
- 1 Tbsp water
- 1 tsp apple cider vinegar
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika
- 100g baby cos lettuce (3.5oz)
- 1 large tomato
- 1/4 cup finely grated parmesan (23g)

WRAPS

- 400g bacon (any type) (14oz)
- 250g button mushrooms (8.8oz)
- 50g pitted cocktail olives (1.8oz) *optional*
- 6 eggs
- 1/2 cup milk (125ml)
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 6 jumbo tortillas
- 3 Tbsp pizza sauce
- 4 tsp olive oil, divided
- 1 1/3 cups grated Colby or mozzarella cheese (133g)

1. PREPARE SALAD

Combine yoghurt, mayonnaise, water, vinegar, onion powder, garlic powder and smoked paprika in a bowl. Stir until well combined and season to taste with salt and pepper. Divide lettuce between individual serving plates. Cut tomato into wedges and place on top of lettuce.

2. MAKE WRAPS

Dice bacon into small pieces. Slice mushrooms and olives. Whisk eggs, milk, oregano, garlic powder, salt and pepper together in a jug. Spread one side of each tortilla with 1/2 tablespoon pizza sauce.

3. Preheat oven to 100°C (210°F) fan bake and line a large oven tray with baking paper.

4. Heat 1 teaspoon oil in a large frying pan on medium. Cook bacon until browned and a bit crispy. Transfer onto paper towels (reserve 1/4 to add to salad; use the rest for wraps). Add mushrooms to pan and cook for 2-3 minutes, until just soft. Remove onto a plate.

5. Heat 1/2 teaspoon oil in pan, then scatter over one sixth of the bacon (reserved for the wraps), mushrooms and olives and pour over one sixth (about 1/4 cup) egg mixture. Sprinkle cheese on top. Add a tortilla, pizza sauce facing down, and press down with a spatula. Cook for 30 seconds, then flip and cook for another 30 seconds. Transfer to a board (egg up) and carefully roll up. Place on tray in oven to keep warm. Repeat this step to make the rest of the wraps.

6. SERVE

Scatter remaining bacon over salad. Drizzle with dressing and top with parmesan. Cut wraps in half and serve with salad.



WINE MATCH: A Pinot Gris.

PIZZA WRAPS RECIPE NOTES

GLUTEN-FREE OPTION: Make sure mayonnaise and bacon are gluten-free. Use gluten-free tortillas or wraps. Choose gluten-free pizza sauce.

INGREDIENT SWAPS / NOTES: Bacon can be swapped for 200g / 7oz shaved ham (and left off the salad). If you don't like mushrooms, try a diced capsicum or a couple of handfuls baby spinach instead (no need to pre-cook). Omit the olives if you don't like them.

STORING AND REHEATING: Refrigerate wraps and salad separately. Wraps can be reheated in the microwave, oven or toasted sandwich maker. Salad is best dressed just before serving.