



# Protein Breakfast Wrap

SERVES: 1

## INGREDIENTS

- 1 Peppercorn Extra Lean Beef Sausage
- 1 whole-meal / grain wrap bread
- Olive oil
- 1 egg
- 2 slices tomato
- 1 lettuce leaf
- 1 tsp tomato or BBQ sausage

## PREPARATION

1. Poach or fry an egg using a little olive oil, and cook sausage for 5-8 minute.
2. Add cooked egg, sausage, tomato and lettuce to wrap bread, drizzle with sauce, wrap and serve.