



Food For Thought Recipe and Allergen Card

Quorn Chicken Wraps

10 Portions

Ingredient	Hannah Product Code	Quantity
Quorn Chicken Nuggets	F004911	40 nuggets
Mayonnaise	D001443	100g
Lemon (juiced)		½ lemon squeezed
Cajun Spice	D001224	20g
10 Inch Wraps	F001820	5
Mixed Salad		50g

RECIPE METHOD – ALLERGENS

1. Cook the chicken nuggets in the oven till core temperature reaches 75c.
2. Combine the mayonnaise, lemon juice and Cajun spice.
3. For each wrap spread some mayonnaise mixture on a 10 inch wrap, add 4 Quorn nuggets topped with some salad.
4. Roll the wrap and slice in the middle.
5. Serve immediately.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain... Gluten