

## BLTA Wraps



TIME TO  
PREPARE

20  
minutes



COOK  
TIME

5 minutes



SERVING

2



PREPARED BY

<https://www.swsas.org.au/>

### Ingredients

- 2 slices bacon (full rashers)
- 4-5 large lettuce leaves (shredded)
- 1/2 tomato sliced
- 1/2 avocado sliced
- 2 large wraps (I like mission spinach wraps)
- 1 1/2 Tbsp. Mayonnaise or aioli
- fresh cracked pepper
- lemon squeeze

### Method

01. Cut bacon into fine slices like matchsticks.
02. Heat a small non-stick pan to medium (can add a small amount of olive oil if needed). Then cook the bacon to desired crispness. Set aside on paper towel to remove excess oil.
03. Heat mission wraps in microwave for 30 seconds to warm.
04. Spread mission wraps with shredded lettuce leaf and top with tomato, then bacon and avocado.
05. In a small bowl, mix mayonnaise or aioli, and cracked pepper. Drizzle over BLTA wrap and fold the sides over each other to create a wrap.
06. Cut in half and place in lunchbox or eat right away.
07. Enjoy!
08. TIP – goes well with a squeeze of lemon over the top.

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