

Bolognaise cheese pockets



Serves	Prep Time	Cooking	Total Time	Calories
1 person				516 kcal

Stuff that's in it:

- 1 Portion Bolognaise (Made With 5% Lean Mince Meat)
- 30G Eat Lean Cheese (Grated)
 - Egg Wash
 - Tortilla Wrap

What you do:

Pre heat your oven to 175°c

Re-heat your bolognase up, place the tortilla on a baking tray that has had a few squirts of fry light.

Fill with the bolognase, place the cheese on top but leave a gap around the edges, brush egg wash round the inside lip and fold the lid over in a semi circle, use a fork to make little lines and press to close, use egg wash to seal and then brush all over the top of the wrap.

Bake for around 10 minutes until golden.

Use a flat spatial to gently tap and lift the wrap.

Slice in half and serve.

Nutrition

- Carbs: 47g
- Fat: 14g
- Protein: 49g

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