

## Tortilla Salad Boat/Wrap

Serves: 1  
Prep time: 6 Minutes  
Cooking time: Nil

### Ingredients:

- ¼ cup chopped crispy lettuce
- 1-2 tablespoons corn kernels
- 1-2 tablespoons coleslaw mix
- 1 tablespoon of tinned four beans mix, drained
- 1 tablespoon thinly sliced red onion
- 1 tablespoon thinly sliced red capsicum
- 1 tablespoon thinly sliced cucumber
- 1 tablespoon thinly sliced celery
- 1 tablespoon chopped parsley
- ¼ avocado cut into chunks
- ½ hard-boiled egg, cut into quarters
- 1 tortilla boat/wrap
- 1 lime, quartered
- drizzle of Kewpie mayonnaise



*Fresh & fabulous, such a quick & healthy brunch/ lunch. **Enjoy!***



### Method:

- Add the first 10 ingredients to a bowl, squeeze the juice of half the lime over the salad mix, and toss to combine.
- Place the salad into the tortilla, top with the egg and drizzle with mayonnaise
- **Serve with lime wedges. Enjoy!**
- **Note:**
  1. I like to hard boil 6 eggs at a time and keep them in the fridge for a quick snack
  2. I love to have a bag of store-bought coleslaw in my fridge, it's an instant meal in a bag when you are in a hurry, or use as a side salad.
  3. If you prefer to make this a bowl of salad with no tortillas go right ahead, it's just as yummy