

# **VEGGIE CRUNCHWRAP**



#### **STEP 1 - FRY THE SMALL TORTILLA**

Heat the avocado oil in a medium skillet over medium heat, then pan-fry the small tortilla in the oil for a couple minutes per side, until crisp. Lightly salt if desired and set aside. \*Make sure your small tortilla is the right size.You'll want it to be about the same diameter as your burger patty, so, if need be, you can use a biscuit cutter or round cookie cutter to make it smaller, or you can cut a couple/few circles of the perfect size from one big burrito tortilla.

## **STEP 2** - WARM THE BURRITO

In a large cast-iron skillet over medium heat, warm burrito tortilla just enough to make it more pliable. This will prevent tearing and make it easier to fold.

#### **STEP 3** – LOAD UP YOUR BURRITO

Load up your warm burrito tortilla in the following order, layering everything in the center: shredded cheese, veggie burger patty, sour cream, diced tomato, baby spinach, cilantro.

#### **STEP 4 - FOLD YOUR BURRITO PACKAGE**

Place your pan-fried small tortilla on top of everything, then fold the edges of the burrito tortilla around the small tortilla to make a little round burrito package.

## **STEP 5 - SEAL & SERVE**

Place the crunchwrap seam-down in the large, hot cast-iron skillet for a minute or so to seal the seam, then flip and heat another minute or so on the other side. Serve warm.

