



Gluten free wraps for 20p as opposed to £2.00 in the yellow sticker fridge were the foundation of this idea. We also had a pack of yellow sticker Turkey Sausages in the freezer which cost us £1.29 a few weeks ago. This was a good opportunity to use up some bits and bobs in the fridge. Things like ½ a pack of fresh Mint which was bought for a recipe, but was beginning to look a bit sad?.

Ingredients for the Kofta:-

- 6 Turkey Sausages
- ½ A large Onion, diced
- 3 Cloves of Garlic, minced
- 1 Tbsp of fresh Parsley, finely chopped
- 1 Tbsp of fresh Mint, finely chopped
- ½ Tsp of Smoked Paprika
- ½ Tsp of Cumin
- ½ Tsp of Cinnamon
- ½ Tsp of All Spice
- ½ Tsp of Cayenne Pepper
- 1 Spring Onion, finely diced
- Salt & Pepper

Ingredients for the Wrap filling:-

- Grated mature Cheddar Cheese
- 2 Tomatoes, sliced

1 Red Onion, finely sliced

Brown Sauce ([DIY Recipe here!](#))

Method:-

- (1) If you are using wooden Skewers, soak them in water.
- (2) Use a sharp knife to de-skin the Sausages.
- (3) Mix all the ingredients and form into thick Sausage shapes.
- (4) Push the skewer through the middle of Kofta lengthways.
- (5) Place under the grill and turn regularly until they are slightly browned and cooked through.
- (6) On a board remove the skewers and cut the Kofta into thin slices diagonally using a sharp knife.
- (7) Sprinkle the wraps with water and pop in the Microwave for a few seconds to soften.
- (8) Add a little Brown Sauce, grated Cheese, sliced Onion, sliced Tomato. Avoid the ends so you can fold them in.
- (9) Lay the sliced Kofta over the top.
- (10) Fold the ends in and then wrap.
- (11) Cut diagonally and serve.

We served these with home made Coleslaw, Wholegrain Mustard dressing, Killer Cucumber Pickle ? All of which we already had made up ? and hand cut chunky chips.