



Filled wraps

(serves 1)

Preparation time = 30 mins

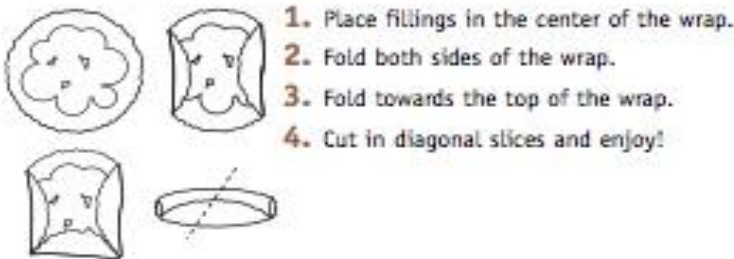
Suggested combinations include:

- Cheese and pickle with salad leaves and grated carrot
- Tuna, mayonnaise and sweetcorn
- Cream cheese and smoked salmon with salad leave
- Roasted vegetables and mozzarella or grilled halloumi
- Tomato, mozzarella and basil
- Ham salad
- Bacon, lettuce, tomato and mayonnaise
- Egg and mayonnaise (mash together 1 boiled egg and 1 tablespoon of mayonnaise)
- Salmon smash (mix together 2 tablespoons tinned salmon with a dash of ketchup)
- Cheesy apple slaw (mix together 1 tablespoon grated apple, 1 tablespoon of grated cheese, 1 chopped spring onion, a squeeze of lemon juice,, dash of mayonnaise)
- Pesto chicken (mix together 2 tablespoons of cooked chicken, 2 teaspoons of pesto, dash of mayonnaise)
- Chicken salad
- Hummus, grated carrot and raisins

Method:

1. Lay the tortilla wrap out flat
2. Spread your chosen spread over the wrap
3. Add your chosen vegetable filling
4. Add your chosen protein filling
5. Sprinkle with fresh herbs (if using)
6. Fold wrap as below and cut in half

How to fold and roll a wrap.



INGREDIENTS

1 x tortilla wraps

Spread options:

- Margarine / butter
- Low fat mayonnaise
- Low fat salad cream
- Low fat cream cheese
- Pickle
- Hummus
- salsa

Vegetable/fruit options:

- Lettuce leaves
- Sliced tomatoes
- Tinned sweetcorn
- Grated carrot
- Diced peppers
- Diced celery
- Sliced beetroot
- Roasted vegetables, cooled
- Sliced cucumber
- Olives
- Cubed or grated apple
- Raisins

Protein options:

- Grated cheese e.g. cheddar, mozzarella
- Tinned tuna
- Tinned salmon
- Smoked salmon
- Boiled egg, cooled
- Cooked chicken, cooled and chopped
- Cooked bacon, cooled and chopped
- Cubed grilled halloumi

Fresh herbs:

- Coriander
- Basil
- Parsley

EQUIPMENT

- Chopping board
- Sharp knives
- Spreading knives
- Mixing bowl
- Tin opener
- Spoons