

Deli wraps

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Decide on the wrap you want to make or just mix 'n' match. You could even use the filling in a bread roll!



Ingredients

1 wrap each

- 1 x tortilla wrap
- 1 x handful lettuce
- 1 x 15ml spoon low fat plain yogurt

A. Chilli chicken

- 1 slice cooked chicken
- ¼ red pepper
- 1x15ml spoon cooked red kidney beans
- Pinch of chilli powder

B. Beef n beets

- 1 slice cooked beef
- ¼ red pepper
- 1 tomato

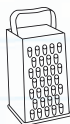
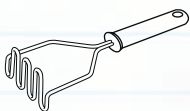
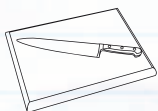
C. Egg 'n' cress

- 1 hard boiled egg (see page 12)
- Cress
- ¼ red onion

D. Cheesy appleslaw

- 30g Edam cheese
- ½ apple
- 1 carrot
- 1 spring onion

Equipment



Method

1. Prepare the ingredients for the wrap you are going to make:
 - A) Slice the pepper. Lightly mash the beans. Add the chilli to the yogurt.
 - B) Slice the beef and red pepper. Dice the tomato.
 - C) Slice the egg and onion.
 - D) Grate the cheese, apple and carrot. Slice the onion.
2. Place the prepared ingredients on to the tortilla, and top with the lettuce and yogurt.
3. Roll up the wrap tightly and cut diagonally.

Top tips

- * Use different types of bread, like pittas, bagels and rolls.

Skills

- Preparing vegetables ✓
- Grating ✓
- Making a wrap ✓



EAT FOR HEALTH

- * Beans and veggies all count towards your 5 A DAY.
- * Yogurt gives you calcium which is important for strong bones and teeth.

Grow your own

- * Cress
- * Lettuce

