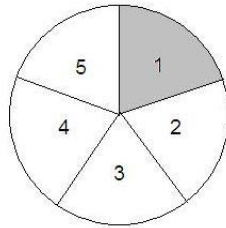


Tortilla Wraps

Serves 16

Portions of fruit and vegetables per serving: 1



Allergen information:

Allergens are in bold.

Contains fish

Contains sesame seeds

Contains cereals
containing gluten

Ingredients	Amount	Preparation
tortilla wraps	2 packs of 8	
sweet peppers (red, yellow, orange)	3	chopped
carrots	2 - 3	grated
cucumber	1 medium	chopped
spring onion	3-4	finely chopped
lettuce	1 large or 2 small	chopped
hummus	1 tub	
tuna (in spring water or brine)	1 - 2 tins	drained
mackerel (in tomato sauce)	1 - 2 tins	drained

Please Turn Over



Method

- 1 Arrange your chosen ingredients down the centre of the wrap leaving a 1 inch gap at the bottom so you can fold it up over the filling.
- 2 Fold the bottom of the wrap up over the edge of the ingredients then fold both sides into the middle.

227 calories		Per serving
Fat	LOW	3.8g
Saturates	LOW	0.6g
Sugars	LOW	3.1g
Salt	MEDIUM	0.8g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Try mixing natural yoghurt with the tuna and cucumber to make a tasty filling instead of using hummus.
- Use other vegetables such as sweetcorn and tomatoes.
- Fill pitta bread instead of wraps as an alternative to sandwiches.
- Try different tinned fish and different sauces.

