



URUGUAYAN BEAN SALAD WRAPS



INGREDIENTS

½ red onion – finely diced

1 red pepper – deseeded and diced

2 small carrots – peeled and finely diced

1 can mixed beans – drained and rinsed

1 small can sweetcorn - drained

2 dessertspoons vegetable oil

2 teaspoons lemon juice

½ teaspoon cajun or fajita spice

½ teaspoon mixed herbs and parsley

black pepper

For the wrap:

4 wholemeal **wraps**

4 teaspoons reduced fat houmous

handful of salad or spinach leaves

50g reduced fat mature Cheddar **cheese** – grated

EQUIPMENT

chopping board, sharp knife, mixing bowl,

can opener, sieve or colander, jug,

dessertspoon, teaspoon

SERVES: 4

PREP TIME: 20 minutes

COOK TIME: — minutes

ALLERGENS: cereals containing gluten,
milk

METHOD

- 1 Prepare the vegetables and place in a mixing bowl with the drained mixed beans.
- 2 In a jug, whisk together the oil, lemon juice, wine vinegar, spices, herbs and black pepper. Pour over the vegetables and mix gently.
- 3 To make the wraps, spread the houmous over the wraps using the back of the teaspoon or table knife. Then scatter over the salad or spinach leaves over the middle of the wraps and top with the bean salad and cheese (if using).
- 4 To roll up the wraps, fold over two opposite sides to seal the edges and then roll up firmly to enclose the filling. Cut in half to serve.



WRAP SALAD FFA URUGUAY



CYNHWYSION

½ nionyn coch – wedi'i dorri'n fân

1 pupryn coch – wedi tynnu'r hadau a'i dorri'n fach

2 foronen fach – wedi'u plicio

1 tun ffa cymysg – dŵr wedi'i ddraenio

2 llwy fwrdd o olew llysiau

2 llwy de o sudd lemwn

½ llwy de o sbeis cajun neu fajita

½ llwy de o berlysiâu cymysg a phersli
papur du

Ar gyfer y wrap:

4 **tortilla** blawd cyflawn

4 llwy de o hwmws braster is

Llund llaw o ddail salad a/neu sbigoglys

50g **caws** Cheddar aeddfed braster is – wedi'i ratio

OFFER

bwrdd torri, cyllell finiog, powlen gymysgu,

agorwr tuniau, gogor neu golandr,

jwg, llwy bwdin, llwy de

DIGON I: 4

AMSER PARATOI: 20 munud

AMSER COGINIO: — munud

ALLERGEDD: grawnfwydydd sy'n
cynnwys glwten, llaeth

DULL

- 1 Paratowch y llysiau a'u rhoi nhw mewn powlen gymysgu gyda'r ffa cymysg.
- 2 Cymysgwch yr olew, sudd lemwn, sbeisys, perlysiâu a'r pupur du mewn jwg. Tywalltwch yr olew dros y llysiau a chymysgu'n ofalus.
- 3 Taenwch yr hwmws dros y tortillas gyda chefn llwy neu gyllell. Rhowch y dail salad/sbigoglys yng nghanol y tortillas a rhowch y salad ffa a'r caws (os ydych yn ei ddefnyddio) ar ben y dail.
- 4 I wneud y wrap plywch ddwy ochr i'r tortilla i mewn tua'r canol i selio'r ymylon ac yna'i rowlio i fyny'n dynn. Torrwch nhw yn eu hanner i'w gweini.