

HEALTHY WRAPS

INGREDIENTS

2 teaspoons cream **cheese**

2 tortilla **wraps**

mixed salad leaves

2 cherry tomatoes

$\frac{1}{8}$ cucumber

1 spring onion

15g mature cheddar **cheese**

$\frac{1}{2}$ cooked chicken breast or $\frac{1}{2}$ can tuna or 1 slice ham

EQUIPMENT

chopping board, sharp knife,

can opener, grater,

teaspoon, table knife

SERVES: 2

PREP TIME: 15 minutes

COOK TIME: 0 minutes

ALLERGENS: cereals containing
gluten, milk

- 1** Prepare the vegetables. Cut the cherry tomatoes in half, slice the cucumber and pepper thinly.
- 2** Slice the chicken or open the can of tuna. Grate the cheese.
- 3** Spread the hummus or cream cheese over the two wraps using the back of the teaspoon or table knife.
- 4** Scatter the salad leaves over the middle of the wrap and top with tomatoes, cucumber, pepper and grated cheese.
- 5** Divide the chicken, tuna or ham between the wraps.
- 6** Fold over two opposite sides to seal the edges and then roll up firmly to enclose the filling. Cut in half to serve.



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