



TOMATO SALAD WRAPS



INGREDIENTS

For the salad:

4 salad tomatoes – diced

½ red onion or 4 spring onions – finely diced

¼ cucumber – diced

1 green pepper – deseeded and finely diced

For the dressing:

2 dessertspoons vegetable oil

2 teaspoons lemon juice

½ teaspoon garlic granules

¼ teaspoon garam masala seasoning

For the wrap:

4 wholemeal **wraps**

4 teaspoons reduced fat houmous

handful of spinach leaves

50g grated cheddar **cheese** (optional)

EQUIPMENT

chopping board, sharp knife, mixing bowl,

can opener, sieve or colander, jug,

dessertspoon, teaspoon

SERVES: 4

PREP TIME: 15 minutes

COOK TIME:

ALLERGENS: cereals containing gluten,
milk

METHOD

- 1** Prepare the vegetables and place in a mixing bowl.
- 2** In a jug, whisk together the oil, wine vinegar, lemon juice, 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 the spinach leaves over the middle of the wraps and top with the tomato 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