



## BEAN SALAD WRAPS



### INGREDIENTS

*For the salad:*

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

*For the salad dressing:*

2 dessertspoons vegetable oil

1 teaspoon lemon juice

1 teaspoon wine **vinegar**

½ teaspoon cajun or fajita spice

½ teaspoon mixed herbs and parsley

black pepper

*For the wrap:*

**4 wraps**

4 teaspoons houmous

handful of salad or spinach leaves

50g grated cheddar cheese

**SERVES:** 4

**PREP TIME:** 20 minutes

**ALLERGENS:** sulphates,

**COOK TIME:** 0 minutes

cereals containing gluten

### 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.

### REMEMBER:

*fold - fold - fold - roll and press - roll and press - roll and press - hey wrapara!*

