



Salad Tortilla Wraps

You will need

- Knife
- Chopping board
- Sieve or colander
- Spoon
- Plate



Ingredients

- 1 Small tortilla wrap or half a large wrap
- Houmous or cream cheese
- Lettuce /salad leaves
- Cucumber
- Mild Salsa

How to make:

- Gently rinse the lettuce leaves under cold running water and drain in a colander or dry with a paper towel.
- Tear the lettuce into smaller pieces.
- Wash and slice or chop the cucumber into small chunks.
- Heat the tortilla wrap as per manufacturers instructions.
- Cut wraps in half (semi-circle) if using a large wrap.
- Spread tortilla with houmous or cream cheese.
- Place the cucumber and lettuce on top of the houmous or cream cheese.
- Add a spoonful of salsa.
- Fold the filled wrap into a parcel shape.

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