

Sandwich wrap – hummus and carrot

Ingredients

A large flatbread (tortilla)
2 x 10ml spoons of hummus
½ carrot
2 lettuce leaves

Equipment

Chopping board, grater, bowl, spoon, knife, plate.

Method

1. Peel and grate the carrot. Place the grated carrot into a bowl and put to one side.
2. Place the flat bread on the chopping board and spoon on the hummus.
3. Use the knife to spread the hummus around the flat bread.
4. Take the grated carrot and sprinkle it over half the hummus. Arrange the lettuce leaves on top.
5. Fold the edge of one side of the flat bread over by about 3 cm – this will be the bottom of the sandwich, the fold will keep the filling inside.
6. Take one of the sides next to the folded edge and roll the wrap.
7. Cut the wrap in half and serve on a plate.

Serves 1

Suggestions

Try this filling in different types of bread, e.g. pitta, bagels.

Try flatbread with different fillings such as low fat cream cheese, grated apple and salad.

Safety!

Ask an adult to:

- help you use the grater because it is sharp;
- help you cut the wrap in half.