

Sandwich Wrap

Ingredients

- 1 large tortilla
- A handful of lettuce
- 1/2 sliced tomato
- 1/2 grated carrot
- 25g grated cheese



Equipment

Sharp knife, chopping board, grater and peeler.

Method



1. Grate the cheese.



2. Grate the carrot.



3. Slice the tomato.



4. Shred the lettuce.



5. Place the lettuce in the middle of the tortilla.



6. Lay the slices of tomato on top.



7. Sprinkle the carrot over the tomatoes.



8. Sprinkle cheese on top.



9. Fold the bottom of the tortilla up, over the fillings.



10. Fold over one side.



11. Fold over the other side.



12. Serve.

Handy Hints

Remember to wash and dry all vegetables before preparing them.

It is easier to cut foods that have a flat side.

You may wish to choose a variety of fillings - be creative! Why not try cucumber, ham, turkey, hummous or different types of relish.