

Sandwich wrap



Ingredients

- 2 x 15ml spoons of hummus
- ½ carrot
- 1 large tortilla



Equipment

Sharp knife, chopping board, grater, peeler, measuring spoons, spreading knife and plate.



Method

1. Top and tail the carrot, then peel and grate.
2. Place the tortilla on a flat surface.
3. Evenly spread the hummus over the top of the tortilla.
4. Sprinkle the grated carrot on top of the hummus.
5. Fold the bottom of the tortilla up, over the filling.
6. Fold over one side.
7. Fold over the other side.
8. Serve.



Handy hints

- Remember to wash and dry the carrot before preparing it.
- You may wish to choose a variety of fillings - be creative. For example, 4 slices of cucumber, 1 slice of meat such as ham, turkey or chicken, 2 x 15ml spoons sandwich spreads/ relishes and 2 x 15ml spoons hummus.

Serves 1