

Tantalising tuna wraps



Ingredients

- 1 small carrot
- 185g can tuna, drained
- 2 x 15 ml canned mixed beans, drained
- 15ml spoon vinaigrette
- 4 small tortillas



Equipment

Sharp knife, chopping board, peeler, grater, mixing bowl, 15ml spoon, mixing spoon, plate.



Method

1. Top and tail the carrot, then peel and grate.
2. Place the grated carrot in the mixing bowl and add the tuna, beans and vinaigrette.
3. Stir the mixture well.
4. Place a tortilla on the chopping board.
5. Place two spoons of the mixture in a sausage shape across the middle of the tortilla.
6. Roll the tortilla.
7. Repeat with the other tortillas.
8. Serve.



Handy hints

- Try pitta bread instead of tortillas.
- Add lettuce leaves to your wrap or pitta.
- Use your tuna and bean mix as a baked potato filling.

Serves 4