

Wrap

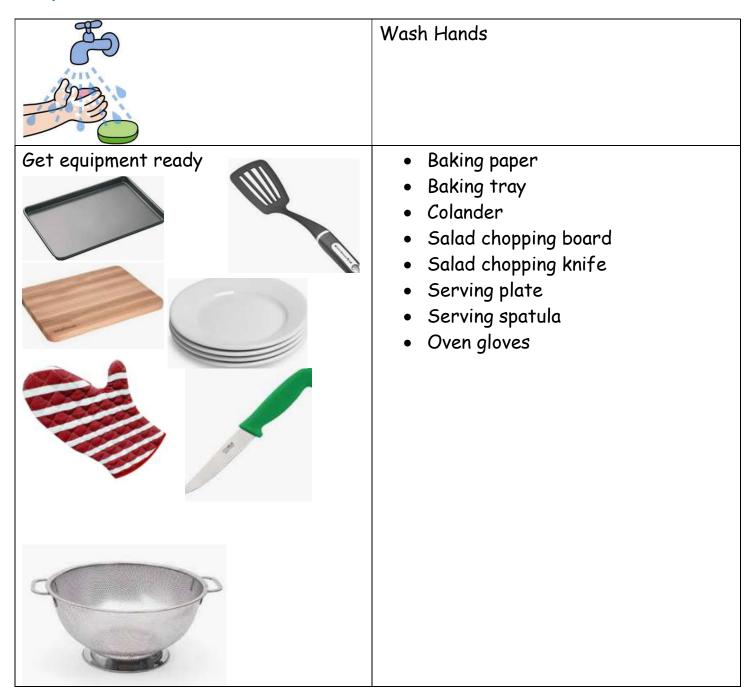
Portions: 1

## **Shopping List:**

Photo	Item
8 WHOLKMEAL TORTILLS	1 wholemeal tortilla
	1 Avocado
EXTRA TASTY CHICKET STATE OF THE STATE OF TH	3 pieces of Cooked Chicken breast
	1 sliced tomato
	Sprinkle of salt and pepper

MILD BRITISH BARY SPINACH	1 handful of spinach
SO% LESS PAT **  MATURE GRATED BRITISH CHEESE  *********************************	½ cup of 50% less fat mature cheese
AND	1 tablespoon low-fat Greek yogurt

## Preparation:



## Cooking

	Pre-heat oven to 200c/400F/Gas 6/Fan 180.
GREASEPROOF SAKING PAPER	Put baking paper onto each of the baking trays
	Put one <u>wholemeal tortilla</u> on each baking tray
	<ul> <li>Use the colander to wash:</li> <li>1 Tomato</li> <li>1 handful of spinach</li> </ul>
	Use the salad chopping board and knife to slice the tomato and avocado
	Spread 1 <u>tablespoon of greek yogurt</u> onto each wholemeal tortilla

	Put the sliced chicken into the centre of the wrap
	Put the vegetables into the centre of the wrap  • Tomato  • Avocado
	Put 1 <u>handful of spinach</u> onto each wholemeal tortilla
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<u> </u>	Use oven gloves to put the wrap into the oven for 8 - 10 mins.
	Note: Be careful of the hot baking tray.
	Serve onto the plate using the serving spatula and it's ready to eat