

Rainbow Wraps

An easy, colourful dish that offers lots of good nutrition through the fruit, veg and carbohydrates it offers. Can try with different fruits and vegetables.

Cooking Aims: To know how to safely cut fruit and vegetables (soft)

Ingredients:

- Mini tortilla wraps
- Cherry tomatoes
- Red Peppers
- Grated Carrot
- Sweetcorn
- Cucumber
- Lettuce
- Red Onion
- Grated Cheese
- A Protein (optional) Ham, Cheese, Tuna
- Optional Extras: Mayonnaise, Salsa.



What we need to do:

- Chop the tomatoes in half.
- Slice the peppers, Cucumbers and Onions into small pieces/ strips.
- Ask an adult to grate the carrot and cheese.
- Lay out a tortilla wrap. Tear the lettuce and lay it in the middle of your wrap.
- Layer on the tomatoes, peppers, grated carrots, sweetcorn, cucumber and onions.
- Add in your choice of protein, a sprinkling of cheese and a drizzle of sauce of chosen.
- Roll up your wraps and enjoy.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome