



it's a WRAP

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Fancy a great lunch to take to school? There's a huge variety of breads available to make your favourite wrap including Lebanese pocket bread, mountain bread and tortillas. Some are even available made from corn or rice so they're gluten free.

INGREDIENTS

Bread of your choice (see above)
Soft spread such as hummus, mashed avocado, soft cheese, pesto or mayonnaise
Topping examples: chicken, ham, salami, canned tuna or sliced cheese
Green leaves like Asian greens, spinach, lettuces or beetroot leaves which are terrific when small and tender.

EQUIPMENT

knife
greasproof paper
salad spinner
garlic crusher
teaspoon

METHOD

- 1 Spread your bread with your favourite soft spread. It will help make your filling soft and moist.
- 2 Add a topping.
- 3 Then of course for some crisp, crunchy texture grab some green leaves. Give them a quick wash and pat them dry or spin them in a salad spinner.
- 4 Cover the bread toppings with a layer of leaves and roll up your wrap firmly to enclose all the goodies.
- 5 Slice it in half and wrap each one in a large rectangle of greaseproof paper to keep it fresh 'til lunchtime.

HANDY TIP: Try some of these veggie fillings too:

- strips of yellow or red capsicums
- carrot or cucumber sliced into ribbons with a vegetable peeler
- cress or alfalfa sprouts
- semi-dried tomatoes

FROM THE MARKET

Vegetables—Virgaras Garden; N&M Tsimiklis; Hart's Vegetables; Warrakilla; The Food Forest; Jim Cosmidis; Patlin Gardens;

Dips—Passionate Foodie; Let Them Eat....

Cheeses—B.-d. Farm Paris Creek; Murray Valley Cheese; Limestone Coast Cheese Co; Alexandrina Cheese Company

Meats—North Marola Farm Meats; Bushmin Farmed Rabbits; Hahndorf Gourmet; Steiny's Smallgoods