

# Lunchbox Laughter Wonderful Wraps



## Chicken Wrap (Serves 2)

### Ingredients:

- 1 chicken breast
- ½ red pepper
- ½ green pepper
- 3 mushrooms
- ½ tin of bean sprouts
- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- 2 wraps

### Equipment:

- Knife
- Chopping board
- Spoon
- Wok



### Method:

1. Cut the chicken into thin strips. Finely slice the peppers and mushrooms.
2. Heat the oil in a wok and add the chicken. Cook for 5 minutes until lightly browned.
3. Add the peppers and mushrooms and stir fry for a further 3 minutes until softened.
4. Add the bean sprouts and soy sauce.
5. Place a spoonful of the chicken and veggie mix in the centre of each wrap, fold the wrap encasing the filling and enjoy!

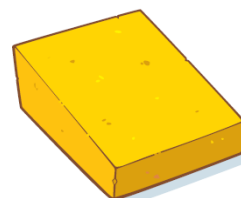
## Bean, Cheese and Tomato Wrap (Serves 4)

### Ingredients:

- Small tin mixed beans
- 1 large tomato
- 50 grams grated cheese
- 2 tablespoons Greek style yoghurt
- 4 tortilla wraps
- Pinch paprika

### Equipment:

- Tin opener
- Knife
- Chopping board
- Cheese grater
- Bowl
- Spoon



### Method:

1. Drain and rinse the beans. Dice the tomato and grate the cheese.
2. Mix the beans, tomato, cheese, yoghurt and paprika in a bowl together.
3. Place a spoonful of the bean mixture in the centre of each wrap, fold the wrap encasing the filling and enjoy!