



Quick and easy wraps

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Wraps are so versatile and easy, perfect as a snack, or a meal on the run.

Ingredients:

1 packet of wholemeal tortilla or naan bread (wraps)	2 cups cabbage, shredded
1 Tbsp oil	1/3 cup red capsicum, diced
1 onion, sliced	1/3 cup green capsicum, diced
400g pork, cut into bite-sized pieces	1/2 cup Edam cheese, grated
1 Tbsp soy sauce	2 Tbsp balsamic vinegar
2 carrots, grated	100g hummus
	2 Tbsp sweet chilli sauce (optional)

Directions:

Place the vegetables and cheese in a large bowl. Mix well. Toss in the balsamic vinegar and set aside.

Heat the oil in a fry pan on a medium heat. Brown the onion and then add in the pork. Add in the soy sauce and stir regularly. Cook the pork until the meat is browned. The inside of the meat should be white right through, and the juices run clear.

Place the wrap on a plate and heat in the microwave for 10 seconds. Spread a teaspoon of the hummus and chilli sauce onto the centre of the wrap. Place a small portion of the pork and vegetables in the middle of each wrap, fold in the edges and roll up.

Cook's tip:

There is an endless list of fillings you can put into a wrap. Try adding stir-fries, falafel, refried beans, other cuts of meat, salads and rice. This way, each wrap will be slightly different each time.