Lunch

Crunchy Garden Veg Wrap with Hummus

A soft wholemeal wrap layered with creamy hummus, carrot ribbons, red onion, yellow pepper, alfalfa and crisp lettuce, then rolled into a tidy handheld parcel.

5 min	291	39.2 g	9.6 g
time	calories	carbs	sugars



Nut free

Ingredients, 1 serving

- [ ] 1 large wholemeal tortilla wrap

For the savoury filling

- [ ] 1 tbsp hummus
- [ ] 1 small carrot, cut into ribbons with a peeler
- [ ] quarter red onion, thinly sliced
- [ ] quarter yellow pepper, thickly sliced
- [ ] small handful alfalfa
- [ ] handful lettuce, shredded

Method

- [ ] **1** Heat a dry frying pan and give the wholemeal tortilla wrap 1 minute per side, which helps it bend without cracking. Move it to a board, then cover the bottom left-hand quarter with the hummus, keeping a 2cm border around the edges clear.
- [ ] **2** Layer the carrot ribbons, red onion, yellow pepper, alfalfa and lettuce over the hummus.
- [ ] **3** Starting at the bottom, roll the tortilla upwards as tightly as you can, folding the sides inward once you are a third of the way up.
- [ ] **4** Enclose the finished roll in greaseproof paper or foil and give each end a twist.

Nutrition Facts

Per serving

Calories	**291**
Total fat	8.7 g
Saturated fat	2 g
Sodium	Not listed
Total carbs	39.2 g
Fiber	10.6 g
Total sugars	9.6 g
Protein	8.7 g

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