



Filled Ideas

Broccoli Bob says:

Always remember to wash your hands before handling and preparing food!

Pitta Pockets

Ingredients:

Wholemeal pitta breads, one per person
Lettuce
Red pepper
Cucumber
Cooked chicken or ham
Tomato relish

Equipment needed:

Knife, chopping board, spoons, bowls.

Method:

Cut the pittas in half across the middle and open them to form pockets.
Shred the lettuce on the chopping board.
De-seed the red pepper and cut into thin strips.
Slice the cucumber into thin batons.
Cut the chicken or ham into thin strips.

If you place the ingredients in bowls, including the tomato relish, then the children can help themselves to fill the pitta breads.

Vary vegetables and ingredients according to seasonality, e.g. sliced tomatoes, grated carrot, grated cheese, tinned and drained chickpeas.

Tuna Wrap

Preparation time:

5 minutes

Ingredients:

Can of drained tuna
Tortilla wraps
Salsa
Crème fraiche or natural fromage frais
Lettuce

Method:

Flake the tuna.

Warm the tortilla wraps in the microwave.

Spread the wraps with salsa and crème fraiche and add the tuna.

Add some lettuce.

Wrap and eat!

Other ideas with wraps are: add shredded or diced chicken, ham or stir fry beef. Try various other types of salad ingredients, swap salsa for tomato sauce etc and let the children make their own.