

Festive flavours make this a family favourite

This is a great recipe for lunch and works well for a picnic. It is also a nice easy recipe which children can get involved with. Flour tortillas are soft and very versatile, making a nice change to sandwiches. Buy a large pack of 15 flour tortillas and freeze what you don't use. For a festive flavour try a teaspoon of cranberry sauce with either chicken or turkey. The options for fillings are almost endless; avocado, cream cheese, grated carrot and finely sliced onion can all be added for variety. Flour tortillas can be served warm with warm fillings too.

Festive Wraps

(Serves 4)

Ingredients

- 4 teaspoons light mayonnaise
- 1 cup cooked chicken sliced or shaved turkey slices
- 2 tablespoons cranberry sauce or sweet chilli sauce
- 1 finely sliced tomato
- ½ cup grated cheese
- 4 large washed lettuce leaves
- 4 (6 inch) flour tortillas



Method

1. Heat a frying pan until hot, turn the heat off.
2. Lay the tortilla on the hot pan for 10 seconds each side
3. Lay each tortilla flat on a plate
4. Spread 1 teaspoon light mayonnaise around the centre of each tortilla
5. Place lettuce at the centre on top of the mayonnaise
6. Warm the cranberry sauce or sweet chili sauce with 1 tablespoon water and the chicken until just bubbling and sticky. Spread one quarter of the chicken on the lettuce
7. Lay tomato slices over the chicken
8. Sprinkle cheese over the top
9. Fold the flour tortilla, first bringing a small bit up from the bottom to cover the filling, and then bring each of the sides over the filling. This method stops the filling falling out when you pick it up!

Tip!

Look for shaved chicken or turkey on special at your supermarket.

Tip!

Sweet chilli sauce will last a long time and is a good store cupboard item. It is sweet but not hot. It can be used with meats & vegetables.

Tip!

Supermarket home brand flour tortillas are just as good as the more expensive ones.