

RAINBOW WRAP

WORK SHEET



Prepare for the wrap attack! This bean-y lunch or dinner is easy to make and packed with colourful goodness.



METHOD

1. Add the beans to your bowl and mash with a fork. Add a teaspoon of yoghurt and crushed garlic and stir. Then, add a sprinkle of oregano or smoked paprika.
2. Put the bean smush onto the wrap in the centre. Then, using a spoon, spread it leaving a gap around the edge.
3. Select and prepare the vegetables you would like to add to your wrap – aim for at least three different types, with a mix of textures, colours and flavours. Then, grate, chop, slice or tear them.
4. Add the vegetables to the centre of the wraps.
5. Fold the wraps, then roll them tightly from the bottom to the top, securing the filling.



EQUIPMENT

Preparation board, fork, teaspoon, mixing spoon, grater, bowl, age-appropriate knife, foil wrap, tin opener, garlic press, knife, chopping board, spoons, tongs.



INGREDIENTS

Makes 2 wraps

- 2 Deli Kitchen Wheat & White Wraps
- 1 tin cannellini beans
- 1 clove garlic
- A sprinkle of dried oregano or smoked paprika
- 1 teaspoon lower-fat yoghurt
- ½ red cabbage
- 2 peeled carrots
- 1 tin sweetcorn
- 1 red pepper
- ½ cucumber
- 2 handfuls of tomatoes
- A handful spinach leaves



WHAT DID YOUR FOOD TASTE LIKE?



WHAT WAS YOUR FAVOURITE FLAVOUR?

DID YOU KNOW...

The more colourful your plate, the better! A rainbow selection of ingredients means you're giving your body what it needs to grow and protect itself.

