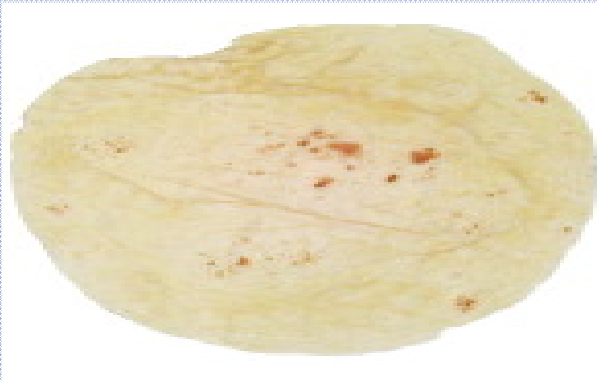


Chicken & vegetable wrap

Serves 1



Ingredients

- 110g/4 oz cooked chicken or 2-3 slices of cooked lean meat, cut into pieces**
- 1 tablespoon fromage frais/natural yoghurt**
- 1 wrap slightly warmed**
- 2 spring onions, sliced finely**
- ¼ red pepper, sliced finely**
- 1 handful lettuce, sliced finely**
- 1 inch cucumber, sliced**
- ½ carrot, peeled and grated**
- Sprinkle of pepper**

Method

- 1. Mix all the ingredients together and season with the pepper.**
- 2. Spread the mixture over the wrap, roll up and serve.**

Any selection of vegetables and herbs can be used for this dish.