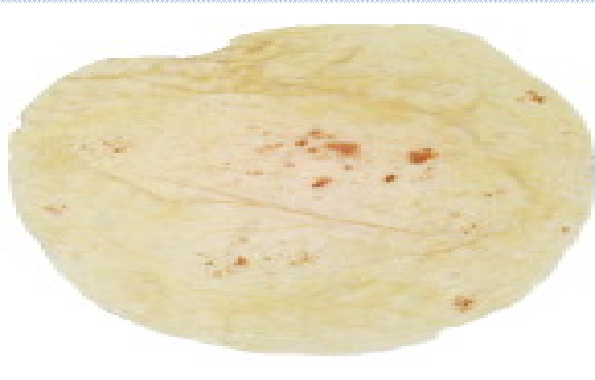


Chicken & vegetable wrap

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.