

Cheese, Egg & Tomato Wrap with Cucumber, Cherry tomatoes & Paprilla Crisps
(1 Portion)

Ingredients

	<u>Qty</u>
Cheese (grated or thinly sliced)	50g
Egg	1
Tortilla Wrap	2
Cucumber (washed)	¼
Cherry Tomatoes (washed, chopped/sliced)	2-3

Optional

Oil	1 tsp
Paprika	sprinkle



Allergens

This dish contains: **Egg, Milk, Cereal containing Gluten (Wheat).**

Method

1. Place egg into boiling water and cook until hard boiled.
2. Whilst egg is boiling, chop or slice cherry tomatoes, slice ¼ cucumber and grate/thinly slice the cheese.
3. If vegetable oil is available, lightly brush a small amount over the second tortilla (or lightly dampen with water), cut into 4 or 8 slices and sprinkle with a little paprika. Place on a tray and bake in the oven at 180 degrees (gas mark 4) for approx. 5-7 mins or until the tortilla starts to colour, turning if required.
4. Once egg is cool enough to hold, remove shell and slice.
5. Make up the wrap using the cheese, egg and tomato, roll, tuck in edges and slice in half.
6. Serve wrap with the sliced cucumber, halved cherry tomato and the “paprilla” crisps

Dessert: (contains **Milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk