



VEGETABLE WRAP

SHOPPING LIST

SERVES 4



1 small onion



1 small pepper



Garlic



4 mushrooms



3 tomatoes



Courgette



Wraps



Cheese



Paprika powder

HOW TO COOK



Peel the garlic



Finely chop the garlic



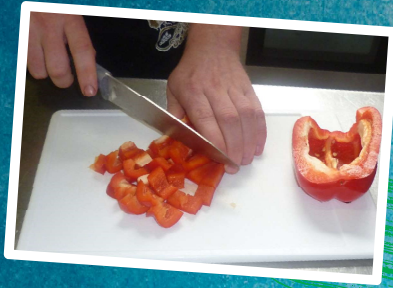
Peel the onion



finely chop the onion



Take the seeds out of the pepper



finely chop the pepper



finely chop the courgette



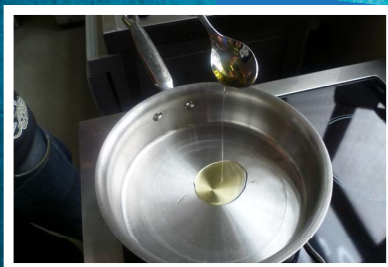
Slice the mushrooms



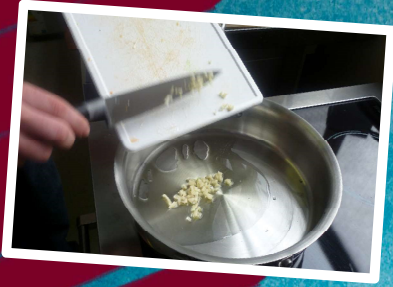
Cut the tomatoes in half and
cut out the green stalk



Chop the tomatoes



Heat 1 tablespoon of oil in a pan



Add the garlic



Add the pepper



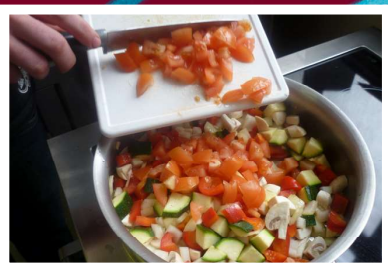
Add the onion



Add the courgette



Add the mushrooms



Add the tomatoes



Add 1 table spoon of paprika



Stir well



Cook for 5 minutes until the vegetables are cooked and soft, stirring every so often



When cooked put your vegetables on the wraps



Put on some grated cheese



Fold the wrap in half



Put on some more grated cheese



Fold the wrap in half again



Put the folded wrap in a dry frying pan (no oil is needed)



Cook for 1 minute



Turn the wrap over



Cook for another minute



repeat for the rest of the wraps and serve