

THE KITCHEN CLUB

Learn to cook, eat well for life

Rainbow Wrap

















A yummy, colourful wrap that can be made for lunch or as an after school snack. See how many different coloured vegetables you can put in there to make up your 5-A-DAY while 'Eating a Rainbow!'


Equipment

Aprons		Can Opener	
Colander		Blender	
Lemon Squeezer		Measuring Spoon	
Garlic Press		Bowl	
Non slip mat or kitchen towel		Chopping Board	
Knife		Peeler	
Grater		Scissors	
Plastic Cups		Serving Plate	

Ingredients (to make 6 servings)

Houmous			
Chickpea x 400g		Tahini x 4 tsp	
Lemon x 3 1/2 tbsps		Garlic x 2 cloves	
Cumin or Paprika x 1tbsp		Olive Oil x 6Tbsp	
Parsley & coriander x2tbs		Crushed Sea Salt x 1tbsp	
Vegetables for Wrap			
Red Pepper x 1		Lettuce x 4 leaves	
Carrots x 2		Red Cabbage x 1 cup	
Sweetcorn x 1 cup		Wraps - 6	

METHOD – HOW TO MAKE A RAINBOW WRAP

	<p>Make the houmous by draining the chickpeas and placing them into a blender. Then add the crushed garlic, lemon juice, olive oil, sea salt and snipped herbs. Blend together until smooth.</p>
	<p>Wash all the vegetables to remove any dirt and residual pesticides.</p>
	<p>Peel Carrots and then grate them.</p>
	<p>Cut the top off the Red Peppers, remove the seeds and slice into thin slices.</p>
	<p>Blanche Sweetcorn till cooked.</p>
	<p>Snip the Lettuce and red cabbage using scissors in a plastic cup or shred them using a knife and chopping board.</p>
	<p>Assemble Rainforest Wrap by first spreading the houmous onto the wrap. Then lay the vegetables to make the colours of the rainbow. Roll into a wrap and enjoy.</p>

Remember vegetable peelers are very sharp so use them carefully. Hold the vegetable with a firm grip and point it downwards onto a chopping board. Run the blade of the peeler in a downwards motion towards the chopping board. Turn the vegetable round and peel the other side.

Skills you have learnt today: Opened a can ; drained ; juiced ; crushed garlic ; measured ; snipped ; blended ; washed vegetables ; peeled ; grated ; sliced ; blanched ; shredded ; assembled.

Carbohydrates - Gives us energy



Protein - Builds our bodies



Fats - Keeps our bodies working



Fibre - Sweeps our tummies

