

## 'What's Cooking!' Recipe Cards

**STIR-FRY WRAP****Food Fact:-**

Tortilla wraps are a handy 'package' for a range of foods, kids love them and they provide carbohydrates for energy; as well as being low fat.

Try them with fruit and low fat yoghurt!

Preparation time      5 MINS

Cooking time          10 MINS

Serves 4

**STIR-FRY WRAP****Ingredients**

1. Finely chop the onion and garlic place in microwavable bowl with the oil and heat on HIGH for 2-3 minutes
2. Slice the peppers and mushrooms and add with the remainder of the ingredients to the softened onion, stir well and heat on HIGH for 6-8 minutes
3. Leave to stand for 2 minutes
4. Heat each wrap for 10 seconds
5. Add a large spoonful of the mixture to the centre of the wrap, turn in the edges and roll up.
6. Serve on own or with fresh salad

*1/2 medium onion*  
*1 garlic clove*  
*1 tbsp Oil*  
*80g Mushroom*  
*1 1/2 Red/yellow Peppers, thinly sliced*  
*40g tinned sweetcorn*  
*40g tinned peas*  
*1 tsp Chilli spice (or to taste)*  
*1 tsp Mixed herbs*  
*2 tsp Soy sauce*

**To Serve:**  
**4 Tortilla wrap**

