



Spinach wrap

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Anette De Villers, Canteen Supervisor at Mandurah Baptist College says this is one of the most ordered wraps on the menu, it's simple, colourful and tastes great. Other great additions: Roast chicken, Teriyaki chicken, Ham or Sweet chilli chicken tender.

Traffic light category: Green Serves: 1

Ingredients

- 1 x 10inch spinach wrap
- 50g reduced fat cheese, grated
- 50g spinach leaves
- 25g reduced fat mayonnaise
- 6 cucumber slices
- 50g carrot, grated

Method

1. Warm wrap in microwave for 20 seconds
2. Place wrap on a piece of cut lunch paper
3. Place half the grated cheese on wrap followed by spinach
4. Squeeze mayonnaise onto spinach
5. Top with cucumber, carrot and remaining cheese
6. Fold the bottom of the wrap up and roll the sides in
7. Wrap in the paper, serve.



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