



Houmous and Salad Wrap

Houmous makes a healthy filling for wraps and tastes so much better when you make it yourself. Chickpeas are high in fibre and low in fat. Tahini is made from sesame seeds and is what gives houmous its flavour (otherwise it's just puréed chickpeas!) and jars of tahini can be found in most supermarkets. Some people are allergic to sesame seeds so always check for allergies.

Nutritional information per portion (308g):

calories	fat	saturates	sugars	salt
403.6	18.3g 26%	2.6g 13%	4.0g 4%	0.8g 13%

of an adult's guideline daily amount



Wheat/gluten and nuts (in the tahini)

Equipment

Colander
Paper towel or kitchen roll
Chopping board
Sharp knife
Can opener
Bowl x 2
Blender
Lemon juicer
Measuring spoons
Measuring jug
Metal spoon
Spatula

Ingredients

Serves 4
½ cucumber
1 red pepper
Bunch of salad leaves
1 x 400g can chickpeas
2 garlic cloves
2 x 15ml spoons olive oil
1 x 15ml spoon tahini
1 lemon
Pinch of paprika
(OR cayenne pepper)
Pinch of black pepper
4 tortilla wraps



Top Tip

- Lay the strips of pepper and cucumber in the same direction as this makes it easier to roll up the wrap.





Houmous and Salad Wrap

Method

1. Wash the cucumber, red pepper and salad leaves and dry with a paper towel.
2. Half the cucumber again and cut lengthways into long, thin ½cm strips.
3. Cut down the 4 sides of the red pepper and discard the centre stem, white pith and seeds. Cut the pepper into long, thin ½cm strips.
4. Drain the chickpeas into a colander (saving the liquid in a bowl) and rinse the chickpeas with water.
5. Put the chickpeas into the blender.
6. Add a quarter of the chickpea liquid to the blender.
7. Peel the garlic cloves and add to the blender.
8. Slice the lemon in half and squeeze the juice. Add the lemon juice to the blender.
9. Add the olive oil, tahini, paprika, black pepper and blend until the mixture has a smooth and creamy consistency. If it is too thick add a drop more of the chickpea liquid.
10. Taste the mixture and if necessary add more paprika, lemon or black pepper – whichever you prefer.
11. Using a spatula transfer the mixture into a bowl and put into the fridge until ready to use.
12. Lay a wrap on a clean surface. Spoon the houmous onto the centre of the wrap and spread a horizontal layer (about the thickness of a 2p coin) leaving a clean edge all the way around the outside of the wrap.
13. Arrange the slices of red pepper, cucumber and salad leaves on top of the houmous.
14. Fold up the bottom of the wrap and then fold in the sides to make a parcel.
15. Cut in half and serve.

Something to try next time

- Experiment with different flavoured wraps, such as multi-seed, plain or tomato.

