

Snacky Stuff

Tasty Tortillas



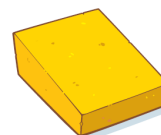
Vegetable Rolls

Ingredients:

- 1 Carrot
- ½ courgette
- 1 red pepper
- 8 mange tout
- 8 baby corn
- 1 small red onion
- Garlic clove
- 1 tablespoon oil
- ½ teaspoon paprika
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 4 Tortillas
- 50 grams cheese

Equipment:

- Knife
- Chopping board
- Wok/Frying pan
- Tablespoon
- Teaspoon
- Grill and grill pan
- Oven gloves
- Cheese grater
- Oven proof dish



Method:

- 1 Pre-heat the grill to a medium heat.
- 2 Peel and chop carrots. Cut pepper and courgette into strips. Halve mange tout and baby corn. Cut onion into chunky strips.
- 3 Heat the oil in a pan.
- 4 Add the vegetables and garlic to the pan and stir-fry until they are soft.
- 5 Add the spices and mix well.
- 6 Heat the tortilla as instructed on the packet.
- 7 Place a tablespoon of vegetable mixture into the tortilla wrap and roll the tortilla.
- 8 Grate the cheese.
- 9 Place the tortillas in an oven proof dish and sprinkle with cheese, grill for a few minutes until the cheese has melted.

Cheese Tasters

Ingredients:

- 50 grams cheese
- 50 grams ham
- 4 teaspoons mild salsa
- Handful Basil
- 4 Tortillas

Equipment:

- Grill and grill pan
- Oven gloves
- Cheese grater
- Knife
- Chopping board
- Oven proof dish



Method:

- 1 Pre-heat the grill to a medium heat.
- 2 Grate the cheese and roughly chop the ham and basil.
- 3 Heat the tortilla as instructed on the packet.
- 4 Spread a teaspoon of salsa on each tortilla and top with cheese, ham and basil.
- 5 Roll the tortilla.
- 6 Place the tortillas in an oven proof dish and sprinkle with cheese, grill for a few minutes until the cheese has melted.
- 7 Serve and enjoy!