

Tortilla Wrap Pizza – Serves one



Ingredients:

- 1 wholemeal tortilla wrap
- 1dspn tomato puree
- 33g reduced fat cheese
- 1 small chicken breast **or** 130g ham **or** 140g tin of tuna
- 1 pepper (any colour) **or** 1 large tomato

Portions:

- 2 starch
- 9kcal extras
- 1 dairy
- 1 protein
- ½ fruit + veg

Utensils: Baking tray, dessertspoon, grater, sharp knife, chopping board, tin opener, *fork and small bowl if you are using tuna.

Method:

1. Cut the pepper in half, remove the seeds and stalk and cut it into small pieces. Put it to the side. **Or** cut the tomato into small pieces and put it to the side.
2. Chop the chicken or ham into small pieces. **Or** open the tin of tuna, drain it and separate it into chunks in a bowl.
3. Turn your grill on to a medium heat.
4. Put the wholemeal wrap on a baking tray and spread the tomato puree onto it.
5. Grate the cheese.
6. Put the chopped pepper or chopped tomato on to the wrap and spread it out evenly.
7. Put the ham/chicken or tuna onto the wrap and spread it out evenly.
8. Sprinkle the grated cheese on top.
9. Put the wrap under the grill on the baking tray.

10. Grill it until the cheese has melted and is bubbling.

Approximately 420kcal and 9.4g fat per serving.