



Veggie Delight Wrap

This recipe I have dedicated to a beautiful Vegan, who is always asking me for more ideas. This wrap must be made fresh to appreciate the flavour and the crunch from the beetroot, parsnip and carrot crisps. and they are a great compliment to this mouth-watering wrap...

Ingredients

1 X 10 or 12 inch Herb Tortilla
10g Beetroot, Parsnip and Carrot Crisps, lightly crushed
10ml Caramelized Red Onion
25g Avocado sliced and tossed in Lemon juice
10g deseeded cucumber
10g SunBlush tomato
4 large basil leaves, shredded
20g Red peppers, thinly sliced
6g Grated Carrot
5ml balsamic syrup
10g Romaine shredded lettuce

Method

Lay out the tortilla and cover the wrap with the caramelized red onion chutney, sprinkle the crisps at the front of the wrap. Blend the rest of the ingredients in a bowl. Wrap the crisps, first keeping them separate from the rest of the ingredients (see photograph), add the rest of the ingredients. Fold in the sides and wrap carefully, but tight. Slice at a slight angle and serve with the remaining bag of vegetable crisps.

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