

Vegetable Wrap



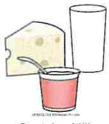
Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Wraps	1 each	10 each	50 each	100 each	200 each
Chick Peas	20 g	200 g	1 kg	2 kg	4 kg
Potatoes Mids	7 g	70 g	350 g	700 g	1.4 kg
Garlic Puree	1 g	5 g	25 g	50 g	100 g
Lemons	0.03 each	0.25 each	1.25 each	2.5 each	5 each
Vegetable Oil	2 ml	15 ml	75 ml	150 ml	300 ml
Chopped Tomatoes	39 g	390 g	1.95 kg	3.9 kg	7.8 kg
Cheddar Cheese	15 g	150 g	750 g	1.5 kg	3 kg
Dried Chilli Flakes	0 g	1 g	3 g	5 g	10 g

Method

Rinse and dice the potatoes. Part cook/steam or boil till just cooked  
 Place the chick peas, the crushed garlic, lemon juice and oil in a bowl and blend the mix into a rough paste  
 Mix in the chopped tomatoes and 1/2 tbsp chilli powder. Add the potatoes and the 2/3 of the grated cheese  
 Divide the mixture between the tortillas and roll up . Cut in half diagonally.  
 Top the wraps with additional grated cheese and place on a baking tray in the oven until they reach 75c at the core.

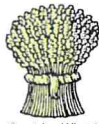
Assembled Tags



Contains Milk



Contains Sulphur Dioxide & Sulphites > 10mg/Kg



Contains Wheat