

roberta's wraps

by Roberta Sagoe

what you will need

Lettuce with large leaves
Rocket
6 prawns per wrap (alternatives - cooked chicken diced, tuna)
¼ teaspoon cayenne pepper
1 tablespoon extra light mayonnaise
1 teaspoon of sweet chilli sauce
6 tablespoons of cooked rice
lemon juice

Makes 6 wraps

Preparation time = 15mins

Cost per serving
of 2 wraps = less than £1.25

get cooking

Lay out 6 lettuce leaves.

Add 6-8 leaves of rocket on each piece of lettuce.

Mix the pepper, mayo and chilli sauce in a bowl and then add the rice, prawns or alternative. Mix well.

Spoon the mixture onto the lettuce leaves- split it evenly between the 6.

Wrap the lettuce around the filling making a tube and tuck in edges.

Sprinkle with lemon.

alternatives

Vegetarian option- save some cooked vegetables from a previous meal and use instead of fish or meat.

top tips

This meal can be made from leftovers - save some meat and rice cooked from a previous meal.



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