

ROASTED RED PEPPER

hummus wrap

Ingredients:

Hummus:

- 1 can chickpeas, rinsed and drained
- 2 big red peppers (seeds removed) and halved
- 1 heaped tablespoon tahini
- 1 tablespoon extra virgin olive oil
- 1 small clove garlic, minced
- Juice from 1 lemon or lime
- Salt and freshly ground black pepper
- Optional; 1 tablespoon water in case the hummus is too thick

The wraps and toppings

- ½ bag Florette baby leaf and rocket salad
- 4 wholemeal wraps
- ½ can red kidney beans
- Handful cherry tomatoes, roughly chopped
- 1 ripe avocado, cubed
- 1 fresh sweet corn, kernels cut off individually

Directions:

- Preheat your oven to 200 degrees.
- Line a baking tray with baking paper, then place the peppers on the tray. Bake 18 minutes or until the skins are black.
- Remove from oven and let cool completely. Once cooled, peel off the skin and set aside.
- In a bowl, mash the kidney beans lightly, then add tomatoes and salt.
- Next add chickpeas, tahini, olive oil, garlic, lemon juice, salt, pepper and the red peppers to a blender. Process until smooth, taste and adjust seasoning. If too thick, add splash of water.
- Divide the hummus between 4 tortillas and spread evenly. Next equally divide kidney beans and tomato mixture, then the salad leaves, avocado, and sweet corn.
- Serve either rolled up or make them into a pizza style by grilling the tortillas for 2 minutes then layering with hummus and the toppings.

