

HEINZ

RECIPE

Avocado, Spinach and Cherry Tomato Wrap

Salad
Cream
with
lemon &
black pepper



Serves:

4



Preparation Time:

10 minutes

Ingredients:

- 2 small ripe avocados
- 4 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 4 medium flour tortillas
- 60g baby leaf spinach
- 240g cherry tomatoes, halved
- 1 red onion, thinly sliced

Method:

Mash together the avocado with the Heinz Salad Cream Lemon & Black Pepper using a fork.

Spread the tortillas with the avocado, and divide the baby leaf spinach, cherry tomatoes and red onion between them.

Roll up and eat straight away, or place each on a sheet of baking parchment and roll up the wraps in the parchment, being careful that the paper is on the outside only.

Twist each of the ends like a cracker and then cut in half, perfect for any lunch box as it won't fall apart.

Tip: As an alternative add cooked chicken or ham to the wrap.