

# Wrap-tastic

Shop | Pack | Prep | Eat

**Lunch** is usually eaten on the go, so should be an easy meal to prepare. Plan to take a cold lunch, as you'll not be able to get stoves out. Picnic or 'packed lunch' style foods that don't need to be heated or kept chilled are ideal.

## Shop

- **Packet of wraps**
- **Cheese Sticks or Wedges** (shelf stable)
- **Tin Tuna or Chicken or Salami Sticks** (shelf stable)
- **Small Cucumber and/or Tomato** – or even an avocado (wrap in your socks to protect it...yes, the clean pair)
- **Extras** – for flavour burst – choose one or more ...
  - ❖ **Small pack of Olives or Sundried Tomatoes**
  - ❖ **Fresh or dried herbs**
  - ❖ **Quince Paste** (shelf stable) or **scoop of Vegemite** (in a small snap lock bag)
  - ❖ **Salsa pouch** (the foil one that comes in the taco/burrito kits)



## Prep

- **Chop your tomato/cucumber**
- **Open wraps and take one out** - use the bag as a prep plate
- **Place your fillings on top** - spread the avo or quince/vegie on first
- **Roll your Wrap** – remember to tuck-up one end so the fillings don't fall out!

## To Eat

- **Yum!** tasty and filling
- Eat and enjoy!!.
- Make more than one if you're hungry

## Utensils all you need

- Knife and board – group gear supplied by Somerset