



Hummus, Cheddar & Mixed Veggie Wrap

SERVES
2



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

1. Get prepped

Thinly slice **tomato** into half-moons. Grate **carrot**.

Ingredients 2 people

Tomato	1
Carrot	1
Mixed Salad Leaves	1 medium packet
Ranch Dressing	1 packet
Mini Flour Tortillas	6
Hummus	1 tub
Chargrilled Capsicums	2 packets
Shredded Cheddar Cheese	1 large packet

**Pantry Items*

2. Toss the greens

In a medium bowl, combine **mixed salad leaves** and **ranch dressing**. Season to taste.

3. Serve up

Spread each **mini flour tortilla** with some **hummus**. Top with tomato, carrot, **chargrilled capsicums** and dressed salad leaves. Sprinkle with **shredded cheddar cheese**. Tuck in ends of tortillas and roll into wraps. Wrap in foil or plastic wrap. Refrigerate until ready to serve.

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2892kJ (691Cal)	682kJ (163Cal)
Protein (g)	24.1g	5.7g
Fat, total (g)	40.5g	9.6g
- saturated (g)	15g	3.5g
Carbohydrate (g)	52.3g	12.3g
- sugars (g)	11.8g	2.8g
Sodium (g)	1692mg	399mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact 2022 | CW30



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