



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## Tik Tok Wrap

**Serves: 2**

**Prep Time: 5 min    Cooking time: 10 mins**

*An idea from TikTok, a good way to use up wraps, also useful to use up ingredients in the fridge, or a tin of tuna from the cupboard. Quick and easy to prepare. Serve with green salad and tomatoes.*

### INGREDIENTS

- 2 bread wraps
- 1 tin tuna, drained
- 1/2 red onion, peeled. finely chopped
- 2 tablespoons tinned sweetcorn
- 2 Tomatoes, sliced or cherry tomatoes halved.
- 3 tablespoons low fat cheddar cheese, grated or sliced.
- Or choose your favourite toasted sandwich fillings.
- Baked beans, corned beef, cooked ham, cooked vegetables all work well,

### GET COOKING

Pre heat the sandwich maker or grill.

1. Prepare the vegetables, add the chopped onion to the tuna and mix.
2. Place a wrap on a chopping board, Cut a line from the centre of the wrap to the bottom edge.
3. On each of the quarters add one of the ingredients, (in the photos below- I made mine with the tuna, onion and sweetcorn mixed together and left the first quarter blank, I finished with the cheese)
4. Fold the wrap, taking care not to lose the filling.
5. Place in the sandwich maker or under the grill for 5-10 minutes.



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