

RAINBOW SALAD WRAP



SERVES 6 | 30 MINUTES

This is colourful, seriously tasty and fun to make. Feel free to use other firm fruit and vegetables that are in season where you live, or leave out the wraps and eat it as a salad, if you prefer.



JAMIE'S TOP TIP

“REMEMBER THAT BOX GRATERS ARE VERY SHARP SO USE THEM CAREFULLY. WHEN YOUR KNUCKLES GET TOO CLOSE TO THE GRATER, STOP GRATING AND DISCARD THE LEFTOVERS.”



YOU WILL NEED

INGREDIENTS

- 2 small raw beetroots,
different colours if possible
(roughly 150g)
- 2 carrots
- 150g white cabbage
- 1 firm pear
- ½ a bunch of fresh mint
- ½ a bunch of fresh flat-leaf parsley
- 6 small wholemeal tortilla wraps
- 50g feta cheese

FOR THE DRESSING

- 5 tablespoons natural yoghurt
- ½ teaspoon English mustard
- 3 teaspoons vinegar, such as red wine, white wine or cider
- 2 tablespoons extra virgin olive oil

- Chopping board
- Weighing scales
- Large bowl
- Optional: rubber gloves
- Optional: knife
- Empty jam jar with lid
- Measuring spoons
- 1 large spoon

EQUIPMENT

- Scrubber
- Box grater



