

Carrot and Hummus Sandwiches



Equipment

Chopping board
Sharp knife
Vegetable peeler
Spoon
Grater
Foil for wrapping

Ingredients (serves 1)

You can either choose to make a sandwich or a filled wrap

1 medium sized carrot

½ tub hummus approx. 100g (**possible nuts**)

¼ cucumber

1 large multigrain wrap (**wheat**)

OR 2 large slices of wholemeal or multigrain bread (**wheat**)

Method

1. Prepare the vegetables on your chopping board:
 - a. peel and grate the carrot
 - b. slice the cucumber into thin slices.
2. Evenly spread one slice of bread, or the wrap, with the hummus
3. Cover with carrot and cucumber. Add the other slice of bread to create your sandwich, or roll up your wrap and cut in half.
4. Wrap your sandwich or wrap with foil and place in the fridge until you are ready for lunch, or to put in your lunch box.

Together We Cook

	Serving Ideas Take some fruit to eat with your delicious sandwich; apple, grapes or raisins would work well.
	Variations Add some extra watercress, rocket or spinach leaves. If you have any fresh herbs like basil or coriander add these in your sandwich too.
	Leftovers Make sure you keep your sandwich in the fridge or cool bag until it is eaten