

Pizza Wrap

Ingredients

- 200g Chicken Breast, sliced & cooked (see top tip)
- 200g tomato passata
- 4 floured tortilla
- 100g Mozzarella, hard (grated)
- 1 red pepper, cut into strips and lightly fried
- 1 yellow pepper, cut into strips and lightly fried
- ½ onion, cut into slices and lightly fried (see top tip)
- 1 tsp Italian Herbs
- 20ml Olive oil

Method

Watch the video first before cooking

1. Heat oven 180C/fan 160C/gas 4
2. Take the floured tortillas & lie out on a clean surface. Spread evenly with the passata.
3. Place the sliced cooked chicken breast onto the tortillas. Sharing evenly between the four tortillas.
4. Evenly place onion, red & yellow peppers on top of chicken.
5. Sprinkle Italian herbs & then mozzarella over each of the tortillas.
6. Fold up one side of the tortillas, then begin to roll from the other side creating a secure wrap that doesn't leak.
7. Put onto an oven tray and bake for approx. 12-15 mins until piping hot.
8. Allow to cool for a few minutes before serving.

Yum yum

Serves 4



Top tips

Cooked Chicken breast:

Heat 1 tbs oil in a frying pan. Add chicken sliced breast (skin-side down, if has skin) and cook for 2-3 minutes or until browned. Then turn over slices, cover and cook on other side for 7-8 minutes or until cooked through.










Slicing Onions:

Slicing onions can make you cry, so be ready with a tissue!

Lay one half flat on a cutting board and cut off both ends. Peel off the skin.

Slice the onion crosswise. Make as many cut lines as you can fit on the onion. Be very careful if using a sharp knife – ask an adult for help.

Summer Chefing Ingredients for Recipes

INGREDIENTS	
200g Chicken breast	
200g Tomato passata	
4 Floured tortillas	
100g Grated mozzarella	
1 Red pepper	
1 Yellow pepper	
½ Onion	
30ml Olive oil	
1 tsp Italian herbs	

g = grams

ml = milliliter

IMPORTANT HEALTH & SAFETY INFORMATION FOR ALL CHEFS

PERSONAL HYGIENE

- Always have an adult in the vicinity before preparing food and starting to cook.
- Make sure that your clothes are clean. Wear a clean apron if you have one. Wear sensible close-toed shoes. No flipflops or bare feet. Jewellery should be removed and hair tied back.
- Hands should be thoroughly washed with anti-bacterial soap before starting each session. Hands must be washed between each food handling process especially when handling raw meats and uncooked vegetables.

WORK AREA

- Set up your work table with your tools chopping board and ingredients. Make sure that any soaps, detergents and bleaches are put safely away in cupboards.
- Have your recipe in front of you, read it thoroughly. Understand what it is that your trying to do.
- Make sure electrical appliances are kept a safe distance away from the wash up area.

FOOD PREPARATION

- Prepare raw vegetables and salad ingredients by giving them a thorough wash in clean running water.
- Do not wash raw meats before use, this can cause a lot of bacterial contamination in your working area.
- If possible use a separate board for preparing raw meats. After preparing raw meats wash your knife and chopping board with hot soapy water, spray with a sanitizer spray , then rinse.

KNIFE HANDLING

- Use the right knife for the right job. Always keep your knives sharp and clean.
- Never cut towards your hands. Always cut food down on a chopping board not held up in the air. When chopping keep your fingers curled back away from the blade.
- When task is finished place your knife neatly alongside your chopping board.
- Never drop your knife into a wash up bowl, this can cause injuries if you have forgotten it was there.

COOKING AREA

- Make sure pots and pans are safe on the stove. Handles should be turned in so they cannot be knocked.
- Be very careful when opening the oven door. First partly open the door to let the rush of heat escape, then carefully proceed. Use oven gloves or folded oven cloths. Never use gloves or towels when damp, this can immediately cause burns.

DANGERS

- Any spills of oils and grease should be cleaned up immediately. This will prevent yourself or others slipping injuring themselves.

FIRE

- If a fire happens whilst cooking, call an adult immediately. Have a fire blanket or fire extinguisher close by.

INJURY

- Always have a first-aid kit close by. In the event of an injury call for an adults assistance immediately.

TIDY DOWN

- At the end of your cooking session wash and clean all surfaces with hot soapy water. Follow up with sanitizer spray. Put all tools and equipment safely away.
- Make sure your oven and hobs are turned off.

COOK SAFELY, ENJOY YOUR COOKING!