

Caterpillar Wrap



Ingredients

- 200g spinach, cooked and wilted.
- 360g plain flour.
- 1 teaspoon of baking powder.
- 1 tablespoon of olive oil.
- 100g cheddar cheese, grated.
- A red pepper, one half finely diced.
and the other half whole for decoration.
- 1 carrot, grated.
- A small tub of cream cheese.
- A quarter of a lettuce, shredded.
- A few black olives.

Method

1. Start by making the green tortilla wraps. In a blender, add the wilted spinach, along with a tablespoon of olive oil and blend into a puree. You can also add a splash of water to help the spinach blend. Ask your grown-up helper for help doing this, as blenders are very whizzy.

2. Then in a large mixing bowl, add the plain flour and baking powder. Pour in the blended spinach puree from the blender, this will make the tortilla wraps green!

3. Mix together and combine to make a soft dough. You may need to add a little water or more flour to get the perfect consistency. Shape the dough into a ball and leave to chill for 15 minutes in the fridge.

4. Once the dough has chilled, divide it into 6 equal balls. Then, on a floured work surface, roll out each tortilla with a floured rolling pin. You will need lots of arm power for this because you want each tortilla to be as thin as possible.

6. Next, ask your grown-up helper to heat a saucepan over a medium heat and cook each tortilla for 2 minutes. You don't need any oil because the tortillas will just cook in the pan.

7. Once cooked and cooled, spread a layer of cream cheese over the surface of each tortilla. Then add a thin layer of shredded lettuce, diced red pepper, grated cheese and carrot. Don't add too much filling otherwise the tortillas will be hard to roll!

Roll each tortilla into a tight tube, the cream cheese should help the wraps stick. Then carefully cut the tubes into thick slices with a butter knife

12. On a board or large plate, you can lay the slices to make a large wiggly caterpillar. Add on half a red pepper to be the head and black olives to be the eyes and antennae.

13. Caterpillars love to eat lettuce so arrange the rest of the lettuce on the plate for your caterpillar to munch on!