

ARCHIVED RECIPES

HEALTHY BEAN WRAPS

Ingredients:

- 12 slices Gardenia Whitemeal Bread, crust removed
- 1 small carrot, shredded
- 1 small onion, chopped
- ½ cup cooked chickpeas
- ½ cup canned kidney beans
- 100g minced skinless chicken breast
- 1 tbsp corn oil
- ½ cup pasta sauce
- 2tbsp BBQ sauce
- Salt to taste
- ½ cup cheddar cheese
- 1 tsp paprika
- 1 tsp dried coriander leaves

Salad

- 1 medium mango
- diced ½ cup rockmelon
- diced 12 strawberry
- diced 4 kiwi
- diced 1 tsp cinnamon sugar

Cooking Method:

1. Preheat oven to 250°C.
2. Heat corn oil in a non-stick pan and sauté onion until tender and fragrant.
3. Add carrot and stir-fry for 5 minutes. Add in chicken, chickpeas and kidney beans and stir-fry.
4. Pour in pasta and BBQ sauces. Season with salt. Cook until just done.
5. Spread 1/12 of prepared chicken and bean mixture in the centre of one slice of bread. Fold two opposite corners together and use a toothpick to hold the shape. Top with cheddar cheese.
6. Repeat until all bread are used.
7. Bake bean wraps for 5-10 minutes or until bread is golden brown. Sprinkle with paprika and dried coriander leaves. Serve with salad.

Salad

1. Mix mango, rockmelon, kiwi fruit and strawberry well in a big salad bowl.



2. Sprinkle with cinnamon sugar and serve with bean wraps.