

FEATURED RECIPES:**SAVOURY WRAPS**

-A delicious snack for a quick meal.

Ingredients:

- 9 slices Gardenia High Fibre White
- 9 pieces soy bean curd sheet (cut into 15cm x 15cm each)
- 9 lettuce leaves
- 9 pieces chives
- 8 medium prawns, shelled, deveined, cubed
- 2 Shiitake mushrooms, soaked, washed, chopped
- 2 eggs
- 3 tsp light soy sauce
- ½ tsp sesame oil
- ½ tsp sugar
- ½ tsp ground white pepper
- 1 Tbsp corn oil
- 5 Tbsp frozen mixed vegetables
- 4 pieces water chestnuts, pared, chopped
- 4 tsp tomato sauce or Thai sweet chilli sauce

**Cooking Method:**

1. Mix prawns, mushrooms and eggs in a bowl. Season with light soy sauce, sesame oil, sugar and pepper. Set aside for 20 minutes.
2. Heat oil in a non-stick pan. Add in mixed vegetables and water chestnuts into marinated ingredients. Stir until ingredients are cooked and set aside.
3. Remove sides of bread and gently flatten bread.
4. Place a piece of lettuce on each slice of bread.
5. Spread tomato sauce or Thai sweet chilli sauce on lettuce. Alternatively, pack the sauce separately in a snack box.
6. Add 2 Tbsp of cooked filling onto each slice of bread with lettuce.
7. Roll bread with filling wrapped inside. Cover each bread roll with a piece of beancurd sheet. Tie each end with chives.
8. Toast each roll in an oven toaster for 5 minutes or until beancurd roll turns golden brown.
9. Pack in a snack box for a healthy snack on the go.