

Ingredients

Product	Quantity
12" Beetroot Wrap (2 x 20)	90.00 g
GEETA'S PREMIUM MANGO CHUTNEY MEDIUM 4X1.5KG	30.00 g
Triple Lion Couscous 10x1kg	20.00 g
Lettuce, Cos, raw	15.00 g
Lamb Leg Strips	40.00 g
BUCHANANS PINE NUTS	5.00 g
Pomegranate	10.00 g
Greek Yoghurt 5.0 Kg	15.00 g
Mint, fresh	3.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

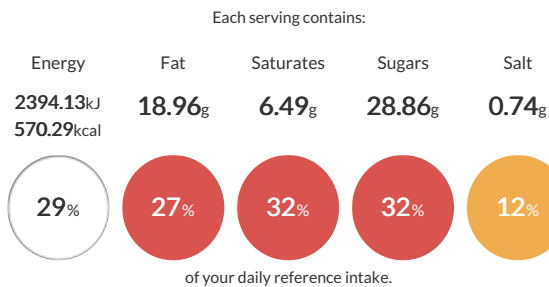


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	2394.13kJ 570.29kCal
Protein	17.35g
Carbohydrates	79.73g
of which sugars	28.86g
Non Milk Extrinsic Sugars	0g
Fat	18.96g
of which saturates	6.49g
Fibre	1.14g
Salt	0.74g
Sodium	0.03g
Iron	0.44mg
Calcium	10.65mg
Zinc	0.07mg
Folate	11.55µg
Vitamin A	0µg
Vitamin C	2.98mg

Method & Recipe Notes

Spread mango chutney evenly onto the wrap. Sprinkle over the couscous and add the lettuce. Layer the lamb strips along the centre of the wrap. Top with pine nuts, pomegranate seeds and yoghurt. Add a sprinkle of fresh mint then fold and serve!

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