

TORTILLA CHIPS & SALSA

APPROX 393 KCAL PER WRAP,
EACH WRAP MAKES 8 CHIPS
BASED ON FOUR SERVINGS

£0.83 **£3.35***
PER WRAP TOTAL COST APPROX

— BE —
PORTION
SIZE
— WISE —



INGREDIENTS SERVES 4-6

4 tortilla flatbread/wraps

1 tablespoon oil

Juice of **one** lime

$\frac{1}{4}$ teaspoon Ground cumin

$\frac{1}{4}$ teaspoon Paprika

$\frac{1}{8}$ teaspoon Sea salt

Salsa

250g ripe tomatoes, finely chopped

1 red onion, finely chopped

1-2 jalapeno chillies, finely chopped

Handful chopped fresh coriander

Salt and lime juice to taste

METHOD

- Preheat oven to 180°C /gas mark 4
- Cut each tortilla wrap into 8 wedges
- Mix oil and lime juice together and brush onto both sides of tortilla wedges
- Sprinkle with spices and salt
- Bake for 8-10 minutes
- Make the salsa by mixing all the remaining ingredients together
- Serve tortilla chips warm with a dollop of salsa

*Cost excludes store cupboard items such as oil, seasonings and spices

RECIPE COURTESY OF HELEN MOYES, HEART OF DERBYSHIRE ADULT EDUCATION TUTOR.

