

PaediaSure Shake

Balanced nutrition for the fussy eating phase



SQUEAKY CHEESE AND PEPPER WRAPS

SERVES: 4

Ingredients

- 4 thick slices of halloumi cheese
- 2 peppers (red, orange or yellow)
- ½ tbsp mixed herbs (optional)
- 4 lemon wedges
- 1 tbsp sunflower or rapeseed oil
- A handful of shredded lettuce
- 4 large flour tortillas

Method

1. Heat the oil in a non-stick frying pan, and then briefly fry the halloumi on both sides until golden. Sprinkle both sides of the halloumi with the mixed herbs and cut into strips.
2. Halve the peppers (removing any seeds) and slice thickly, then add to the pan with the cheese and mix. Squeeze some lemon juice over the top.
3. Warm each tortilla through, one at a time, for 10 seconds in a microwave or in a hot dry frying pan.
4. Divide the halloumi and pepper mixture between the wraps and add some lettuce.
5. Roll each tortilla up and cut in half.

TIP:

Try roasted red peppers from a jar for a different flavour and texture combination.