

Salad Tubes

Ingredients:

Shredded lettuce

Grated carrot

Grated fresh beetroot

Cucumber

Tomato

Mushrooms

Capsicum

Coriander Shallots

Sundried tomato

Roasted Veges

Avocado (ripe)

Pita bread / Mountain bread (flat bread of your choice)



Method:

1. Mash ripe avocado down the centre of your flat bread.

2. Layer salad veges of your choice (from the list above) on top of the mashed avocado

(I start by layering with all my flatter veges ie: tomato, cucumber, mushroom and then I finish with grated carrot/beetroot and shredded lettuce)

**You don't have to use all the salad veges as listed above as these are only suggestions*

3. Roll up bread into a tube. Enjoy!

Variations:

Bean burgers / falafals/ 3 bean mix go nicely with the salad veges for a more nutritious and tasty meal