



Mountain Bread Wraps

Serves 4

Ingredients:

4 pieces of mountain bread

400g chicken breast steamed or grilled, without fat

1 cup Jap' pumpkin, finely sliced

1 tsp olive oil

1 tsp cracked pepper

1/2 avocado, sliced

2 cups of baby spinach

1 cucumber sliced into half moons

1 cup snow pea sprouts

1/2 red onion, finely sliced

1/2 bunch of mint

Method:

Char-grill the pumpkin over a high heat until tender when pierced with a fork. Allow to cool. Lay each piece of bread flat and top first with chicken slices then follow with the other ingredients. Roll firmly and wrap in cling film or pack firmly in a lunch box.

Ingredient	Calories	Carb	Protein	Fat	Sodium
4 pc Mountain Bread (oat)	277	53.2	11	1.4	310

600g chicken breast	630	-	133.8	9.6	246
2 cups Jap' pumpkin	106	16.3	3.4	.5	2.4
2 tsp olive oil	80	-	-	9	-
1 tsp cracked pepper	4	1.1	.2	.1	.7
1/2 avocado	154	.4	1.5	16	3
2 cups baby spinach	7	.7	1	.2	15.5
1 cucumber	14	2.6	.6	.2	-
1 cup snow peas	33	4.1	2.7	.2	.9
1 c mint leaves	14	.9	1	.3	6.5
1/2 red onion	14	2.2	.8	-	-
TOTAL	1,333	81.5	156	37.5	585

Recipe makes 4 servings

Per Serving -

Calories – 333.25

Carb – 20.37g

Protein – 39g

Fat – 9.37g

Sodium – 146.25mg

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