

# Forest Friendly Feast

## Super Salad Wrap

### Ingredients:

- 2 tablespoons of hummus
- 1 tortilla wrap – check using the Giki app that it does not contain unsustainable palm oil or have a go at making your own.
- Grated carrot
- Some salad leaves
- ¼ of a cucumber cut into slices
- 1 tomato
- Organic cheese (grated)
- 1 red pepper



### Method:

- Prepare all the vegetables. Firstly, grate the carrot. Slice the tomato and cucumber and cut the pepper into cubes.
- Put the tortilla on a board. Spread with the hummus and add the salad leaves.
- Place the carrot, tomatoes, cucumber and red pepper in the middle of the wrap, leaving enough room to fold it. Sprinkle with the grated cheese.
- Fold the bottom of the wrap inwards and fold in the sides to make a roll shape.
- Cut in half and serve.

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## Pasta Salad

### Cynhwysion:

- ½ red pepper, sliced
- ½ red onion, sliced
- 200g penne or fusilli pasta
- 1 organic chicken breast, cooked and diced
- 1 tbsp olive oil
- 1 garlic clove, crushed
- Handful of cherry tomatoes
- 2 tbsp chopped basil and oregano
- Pinch of dried chilli flakes (optional)
- Dressing: 1 tbsp lemon juice, 1½ tbsp plain organic yogurt



### Dull:

- Rinse and chop the vegetables.
- Cook the pasta according to the instructions. Once cooked, drain and set aside.
- Meanwhile put the chicken breasts between two sheets of cling film and bash with a rolling pin until they are about 1cm thick. Mix remaining oil, herbs, chilli and garlic then rub all over the chicken. Heat a griddle and cook for 3-4 mins on each side.
- Chop up the cooked chicken.
- Add the chicken and vegetables to the pasta.
- Mix the yogurt and lemon juice together and stir through the pasta.
- Season and serve.