Vege Wraps with Spinach Dip

Serves: 4–5

Ingredients from garden:
- Spinach – 2 leaves
- Salad leaves – 1 per person
- Carrots – 1 or 2
- Spring Onion – 1

Other ingredients:
- Sour cream – 200g (3/4 cup)
- Onion soup mix – 1 tbsp
- Cheese – 1/4 cup grated
- Wraps – 1. Mini wrap per person
- Pepper – a sprinkle

Equipment needed:
- Sharp Knife
- Chopping Board
- Mixing bowl
- Spatula
- Measuring cups
- Measuring spoons – 1 tbsp
- Grater
- Spoon
- Serving platter
- Plates to serve – 1 per person

Method:
1. Wash vegetables with water.
2. Cut stalk out of spinach leaves. Then chop finely.
3. Place spinach and sour cream into a bowl. Mix together.
4. Grate cheese.
5. Place onion soup mix, pepper and cheese into bowl. Mix together. Place bowl on serving platter.
7. Chop roots off spring onion. Chop into 1cm pieces. Place on serving platter in pile.
8. Place washed salad leaves on serving platter.

To Serve:
1. Place wrap onto plate. Spoon 1 tbspn of spinach dip on, spread it down middle of wrap.
2. Place a salad leaf on. Place desired amount of each vegetable down middle of wrap. (Remember to think about other members of group)
3. Roll wrap. Eat!