

**EQUIPMENT**

Scissors

Bowl

Wooden spoon/spatula

Rolling pin

Tablespoon

Lined baking tray

**• Teaspoons X2**

**• Rolling pin**

**• Large cutter**

**• Mixing bowl**

**• Fork**

**• Pastry brush**

**• Greased baking tray**

**Allergy checklist**

**There are allergens in the room and we have made the following adjustments:**

**Signed**

**Dated**

**RECIPE**

**Magic Bean Bake**

**Super Good because:**

**Bread provides you with a slow release energy**

**Cheese is an excellent source of protein-Healthy teeth & bones**

**Tomato is an anti-oxidant**

**Broad Beans & spring onion go towards your 5 a day**

**INGREDIENTS**

* ½ spring onion
* Handful of Sweetcorn
* Handful of frozen broad beans
* Pinch paprika
* flat bread wrap
* Dollop of passata
* Handful of grated cheese

**Fr1**

**METHOD**

Pre-heat the oven to 180c (Gas Mark 6)

1. Using the scissors, top and tail the spring onions and chop
2. Place the chopped spring onions in a bowl
3. Remove the beans from the pod by snapping them open
4. Mash the beans in a bowl with the end of a rolling pin
5. Add the mashed beans and a pinch of paprika to the spring onions and sweetcorn. Stir the mixture
6. Place the wrap on a piece of oiled foil
7. Squeeze a large dollop of tomato passata all over the wrap with the back of a spoon. Mark a line down the middle of the wrap with the edge of the spoon
8. Spoon the bean mixture onto one side of the wrap and sprinkle with cheese
9. Fold the tomato side of the wrap over to make a parcel and fold the foil around it, pushing down onto the edges
10. Cook for 10 minutes and serve with salad