FOOD & COOKING
WITH CHEF ROSS

Salad Wrap



Preparation: 15 minutes | Cooking: None | Serves: 2 people

What you need

Ingredients



- ½ carrot, grated
- ½ cucumber, grated
- ½ tomato, sliced
- 3 lettuce leaves
- 1 avocado
- Juice of ¼ lemon
- Salt & pepper to taste
- 2 wholemeal or gluten-free wraps

Equipment



- Chopping board and knife
- Grater
- Bowl and fork

Let’s make it



1. Prepare the filling

Wash the vegetables.
Grate the carrot and cucumber.
Slice the tomato.
Wash and dry the lettuce.

Salad Wrap



2. Make the spread

Cut the avocado open, remove the stone and scoop the flesh into a bowl.

Mash with a fork.

Mix in lemon juice and salt & pepper.



3. Fill lightly

Lay out the wraps.

Spread with mashed avocado.

Add the carrot, cucumber, tomato and lettuce.



4. Fold and roll

Fold the bottom of each wrap over the filling.

Fold in both sides, then roll up.



5. Serve

Serve fresh.

Cut in half if preferred.

Serving and storage

- Best eaten freshly made.
- If preparing ahead, keep covered at 5°C or colder and eat within 24 hours for best quality.
- Optional alternative spreads: hummus (may contain sesame) or plain yoghurt (contains milk).
- Gluten-free only with suitable wraps and no cross-contact.
- Check other ingredient labels.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.