Pizza Wraps

Ingredients & Cost
Prices are from Aldi Supermarket

- Tortilla wraps, £0.65
- Cheese, £1.49
- Pasta sauce, £0.49
- Can of sliced mushrooms, £0.39
- Red pepper, £0.42

This is a great comfort food which hits the spot if you're craving a pizza. The peppers contain lots of vitamin C, and mushrooms contain many vitamins and antioxidants. However, these toppings can be swapped out depending on preference and price. Ham or pepperoni could be added, and even chicken could be cooked on the grill (although this would have to be done prior to cooking the wraps themselves). Although meat will increase the cost, it is an excellent source of protein.

Total: £3.44
These ingredients are enough to make 5 servings (one wrap). This makes the cost per serving 68p. Depending on the brand of tortilla wraps, there may be leftovers, in which case it would easily be possible to make more wraps if you bought some extra sauce and veg. This makes this a very cost-efficient meal.

Timing: 15-20 minutes.

Equipment

- Toastie machine
- Knife
- Cheese grater (optional, can use a knife instead)
- Spoon
- Fork

Method

1. Pre-heat the toastie maker whilst you prepare your ingredients.
2. Chop the red pepper finely. Grate the cheese if it is not pre-grated (if you do not have a grater, you can chop it finely using a knife).
3. Drain the mushrooms.
4. Cut a slit in the tortilla wrap from the edge to the centre (see below).
5. Place a couple of tablespoons of pasta sauce in one quarter and top with the mushrooms.
6. Place the grated cheese in the next quarter.
7. Place a little more sauce (optional, you can save sauce by not including it here) and the red peppers in the third quarter. Leave the final quarter bare.
8. Fold the pizza wrap quarters over each other. Fold it quickly to avoid the fillings spilling out as you lift each quarter.
9. Place in the toastie maker for 1-2 minutes on each side. You can flip it using a knife and fork.
10. Take out carefully with a knife and fork before serving.