

Paprika tortilla chips and spring onion dip

Snack tember

Ingredients

2 wholemeal wraps
Spray oil or 1x 10ml spoon oil
1 x 5ml spoon smoked paprika

For the dip:

150g reduced-fat natural yogurt
1 spring onion

Equipment

Weighing scales, measuring spoons, oven tray, baking paper, chopping board, kitchen scissors or sharp knife, small bowl for oil and a pastry brush (if you are not using a spray oil), tongs, mixing spoon, small bowl.

Serves 3



Nutrition

One third of the tortilla chips and dip

A 95g serving contains

Energy 747kJ 178kcal 9%	Fat 6.1g 9%	Saturates 1.3g 6%	Sugars 4.7g 5%	Salt 0.47g 8%
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of an adult's reference intake

4g of fibre per serving

Method

1. Pre-heat the oven to 200°C/fan 180°C or gas mark 6.
 2. Line the oven tray with baking paper.
 3. Place a wrap on the chopping board and lightly fold it in half to create a line down the middle.
 4. Snip (or cut) along the line.
 5. Fold each piece in half and snip (or cut) through the lines again.
 6. Repeat, so that you have created 8 triangles from the wrap.
 7. Do the same with the second wrap.
 8. Spread the wrap triangles out in a single layer on the oven tray. (You may need to do two separate batches if they won't all fit.)
 9. Spray (or brush) each triangle with a little oil, then turn each one over and spray (or brush) the other side.
 10. Bake the triangles for 4-5 minutes until they are lightly brown.
 11. Remove from the oven and, using the tongs, turn them over.
 12. Return them to the oven and cook for a further 4-5 minutes. (Keep an eye on them!)
 13. Once cooked, sprinkle on both sides with the smoked paprika.
- For the dip:
14. Finely snip (or chop) the spring onion.
 15. Mix the spring onion and yogurt together.

Snack tip

Pop the tortilla chips into an airtight container and take them for a breaktime snack the next day. You could take some dip too!