

WRAP WITH SALAD AND SWEET POTATO FRIES



Ingredients

10 portions

- Sweet Potato Fries 1,5 kg
- tomatoes 200 g
- cucumbers 100 g
- arugula 150 g
- natural yogurt 200 g
- lemon juice 20ml
- honey 15 g
- salt, pepper, chili to taste
- carrot 100 g
- cabbage 200 g
- balsamic vinegar 40 ml
- rapeseed oil 40 ml
- wraps 10 pc

Wrap with salad and Sweet Potato Fries

Preparation

Cut tomatoes and cucumbers into larger pieces, add the arugula. Mix with yogurt and honey and season to taste. Cut cabbage into thin strips, salt, mix, knead and leave for 10-15 minutes until tender. Wipe carrots on coarser grater and add to cabbage. Mix the cabbage, season to taste and leave for another 10 minutes. Prepare fries according to package instructions. Smear half of each wrap with yogurt with vegetables, and then apply the layer of cabbage with carrots.

Serving

Fold each wrap in half and cut once or twice in half to get the triangles. Serve on a plate with fries.

Tip

Additionally, you can put some grated cheese, then assemble and bake for a while in the oven or microwave until the cheese is melted.



Share our passion for potatoes