

GRAB and GO

BBQ Meatball Wrap

Meatballs cooked in a BBQ sauce with kidney beans and peppers and served in a wrap

Ingredients

480g	40 x 12g Great British Chicken Meatballs (GG code 7220)
500ml	BBQ sauce
410g (1 tin)	kidney beans
25ml	oil
160g (1 medium)	red pepper, sliced
160g (1 medium)	green pepper, sliced
560g	10 x 10" flour tortillas

Method

1. Place the frozen **Great British Chicken Meatballs** in a baking tin with BBQ sauce. Add the drained kidney beans. Cover with a lid or foil.
2. Bake for 25-30 minutes at Gas 6/200°C/400°F (less for convection ovens).
3. Stir fry the peppers in oil to soften.
4. Portion the meatballs and peppers into the flour tortillas.
5. Fold the wrap and serve hot.

Serving instructions

Ring the changes by serving as a main meal with a mashed potato topping, green beans and frozen peas.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
213.5	5.9	1.6	32.6	10.0	3.0
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
7.5	1.3	0.9	57.5	53.1	19.6
Folate (µg)	Sodium (mg)	makes 10 x 207g portions			
21.9	333.8				

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