



Mission Foodservice

Put some Mission in your school kitchen

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Preparation Time
5 mins

Marinating Time
20-30 mins

Cooking Time
8 mins

Jerk Chicken Salad Wrap

Serves **Ten**
Cost per wrap **£0.52**



Preparation Time
10 mins

Cooking Time
8 mins

Smoky Quorn & Scrambled Egg Tortilla Wrap

Serves **Ten**
Cost per wrap **£0.42**



Preparation Time
5 mins

Marinating Time
20-30 mins

Cooking Time
15 mins

Spicy Turkey Tikka Wrap

Serves **Ten**
Cost per wrap **£0.59**



Preparation Time
5 mins

Tuna Salad Mayo Wrap

Serves **Ten**
Cost per wrap **£0.40**



Preparation Time
10 mins

Cooking Time
15 mins

Sweet & Sour Chicken Enchiladas

Serves **Ten**
Cost per wrap **£0.60**





Get in touch with our team today to see how we can help you
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Jerk Chicken Salad Wrap

Ingredients (serves 10)	Cost
10 Mission tortilla wraps	£1.19
1tbsp jerk seasoning, or according to taste	£0.07
2tbsp vegetable oil	£0.01
2tbsp pineapple juice taken from a tin of pineapple in natural juice	£0.02
500g chicken breast, cut into strips	£2.57
250g iceberg lettuce	£0.80
300g tinned pineapple chunks	£0.51
Total Cost	£5.17

Method

- Mix together the jerk seasoning, oil and pineapple juice and pour over the chicken. Leave to marinate for 20 – 30 minutes.
- In a frying pan cook the chicken for 6 - 8 minutes or until thoroughly cooked. Leave to cool.
- Divide the lettuce and pineapple between 10 wraps and top with the jerk chicken.
- Roll up and serve.

TIP

The chicken can be served hot in the wrap if preferred.



Nutritional Content Per Standard Size (Ptn)

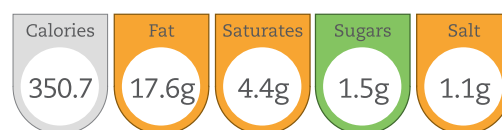
Energy (kc(kcal))	Fat (g)	Satd FA/1 (g)	Carbohydrate (g)	Protein (g)	NME Sugar (g)
>278.7	10.4	>3.0	>31.8	15.4	(3.6)
NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)	Iron (mg)	Folate (µg)
>1.2	(72.3)	3.9	1.0	1.9	18.9
Calcium (mg)	Sodium (mg)	Salt (g)	Total Sug (g)	Added Sug (g)	
78.9	289	0.7	>4.2	>4.2	

Smoky Quorn & Scrambled Egg Tortilla Wrap

Ingredients (serves 10)	Cost
10 Mission tortilla wraps	£1.19
10 eggs	£1.31
2tbsp semi skimmed milk	£0.04
seasoning (1g salt, 1g pepper)	
5g butter or margarine	£0.02
8 Quorn frankfurters, defrosted and diced	£1.15
200g pasta sauce- tomato based	£0.48
Total Cost	£4.19

Method

- Defrost and dice the frankfurters.
- Lightly beat the eggs and stir in the milk and seasoning.
- Simmer the frankfurters in water for 5 – 6 minutes. Drain.
- Meanwhile melt the butter or margarine in a small saucepan and pour in the egg mixture. Stir continuously until the egg is just cooked. Add the Quorn frankfurters and stir to mix evenly.
- Spread a spoonful of sauce over each wrap.
- Divide the egg mixture between wraps, roll up and serve.



Nutritional Content Per Standard Size (Ptn)

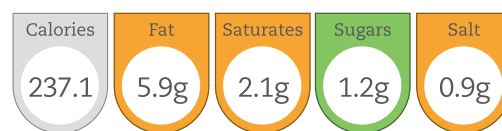
Energy (kc(kcal))	Fat (g)	Satd FA/1 (g)	Carbohydrate (g)	Protein (g)	NME Sugar (g)
>350.7	17.6	>4.4	>30.2	17.3	(2.4)
NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)	Iron (mg)	Folate (µg)
>2.2	(120.1)	0.1	(2.3)	2.2	46.1
Calcium (mg)	Sodium (mg)	Salt (g)	Total Sug (g)	Added Sug (g)	
(109.8)	436.5	1.1	>1.5	>1.5	

Spicy Turkey Tikka Wrap

Ingredients (serves 10)	Cost
10 Mission tortilla wraps	£1.19
500g turkey breast, cut into strips	£3.18
3tbsp tikka paste	£0.24
250g iceberg lettuce, chopped	£0.80
100g cucumber, thinly sliced	£0.51
Total Cost	£5.92

Method

- Marinate the turkey strips in the tikka paste for 20-30 minutes.
- Place turkey on a baking tray and cook for 10 – 15 minutes at 180 C/Gas Mark 5 or until turkey is thoroughly cooked.
- Divide the lettuce and cucumber between the 10 wraps and top with the cooked turkey.
- Roll up and keep warm in a lidded container until ready to serve.



Nutritional Content Per Standard Size (Ptn)

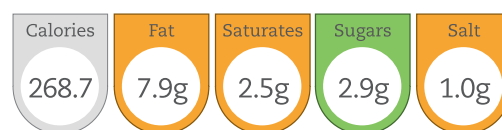
Energy (kc(kcal))	Fat (g)	Satd FA/1 (g)	Carbohydrate (g)	Protein (g)	NME Sugar (g)
237.1	5.9	>2.1	29.0	17.1	(1.9)
NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)	Iron (mg)	Folate (µg)
>1.1	(32.5)	1.1	0.9	1.8	>17.9
Calcium (mg)	Sodium (mg)	Salt (g)	Total Sug (g)	Added Sug (g)	
75.9	351.9	0.9	1.2	1.2	

Tuna Salad Mayo Wrap

Ingredients (serves 10)	Cost
10 Mission tortilla wraps	£1.19
500g canned tuna in water	£1.44
100g light mayonnaise	£0.13
200g sweetcorn	£0.32
200g red pepper, chopped	£0.35
200g iceberg lettuce	£0.60
Total Cost	£4.03

Method

- Combine tuna, mayonnaise, sweetcorn and red pepper.
- Divide mixture between the wraps, roll up and serve.



Nutritional Content Per Standard Size (Ptn)

Energy (kc(kcal))	Fat (g)	Satd FA/1 (g)	Carbohydrate (g)	Protein (g)	NME Sugar (g)
268.7	7.9	2.5	34.3	15.5	(2.3)
NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)	Iron (mg)	Folate (µg)
1.7	(136.4)	25.4	>0.7	>1.5	>24.5
Calcium (mg)	Sodium (mg)	Salt (g)	Total Sug (g)	Added Sug (g)	
>69.8	(387.8)	(1.0)	2.9	2.9	

Sweet & Sour Chicken Enchiladas

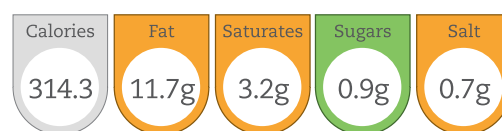
Ingredients (serves 10)	Cost
10 Mission tortilla wraps	£1.19
250g medium egg noodles	£0.94
3 tbsp vegetable oil	£0.01
100g (1 bunch) spring onions, finely chopped	£0.39
500g chicken breast, sliced or diced	£2.57
300g sweet and sour sauce	£0.91
Total Cost	£6.01

Method

- Place noodles in a pan of boiling water and simmer for 3 minutes. Drain and refresh with cold water. Drizzle with 1tbsp of the oil to prevent sticking.
- Heat 1tbsp oil in a pan and cook the chicken for 6 - 8 minutes or until chicken is thoroughly cooked.
- Pour over the sweet & sour sauce and add the spring onions and noodles. Heat for 2 minutes, stirring or until the noodles are piping hot.
- Divide the mixture between the wraps and roll each one up ensuring that the edges are tucked in.
- Place on a greased baking sheet with the seam down. Brush with remaining oil and bake at 180 C/Gas Mark 5 for 5 minutes.

TIP

If preferred serve the wraps after point 4.



Nutritional Content Per Standard Size (Ptn)

Energy (kc(kcal))	Fat (g)	Satd FA/1 (g)	Carbohydrate (g)	Protein (g)	NME Sugar (g)
314.3	11.7	>3.2	36.5	15.8	(5.8)
NSP (g)	Vitamin A (µg)	Vitamin C (mg)	Zinc (mg)	Iron (mg)	Folate (µg)
(1.3)	(13.1)	3.3	1.0	1.5	15.5
Calcium (mg)	Sodium (mg)	Salt (g)	Total Sug (g)	Added Sug (g)	
73.4	291.8	0.7	>0.9	0.9	