



Shredded Ham with Pineapple Salsa Wrap



Makes 1

Ingredients

- 1 slice good quality assured ham – shredded (can also be made with shredded ham hock)
- 56g (2oz) cubed pineapple
- $\frac{1}{4}$ small red chilli
- 28g (1oz) iceberg lettuce
- 1tsp mayonnaise
- 1 x wholemeal wrap

Method

- 1 Deseed and finely chop one red chilli
- 2 Finely dice the pineapple cubes
- 3 Add the chilli to the pineapple and stir to mix thoroughly
- 4 Spread a wholemeal wrap with a little of the mayonnaise
- 5 Add a layer of shredded iceberg lettuce
- 6 Add a layer of shredded ham
- 7 Spoon along a layer of pineapple salsa
- 8 Roll the wrap and serve or pack as required

