



Elvea, festa all'italiana

ELVEA in your lunchbox



Ingredients for 2 Persons

0,50 cans	ELVEA Cubes
1	chicken breast
0,50 cup	black beans
0,50 cup	corn
0,25 red onions	
1 little pot	hummus
4 leaves	romaine lettuce
2 teaspoons	coriander
2 large	tortillas
	pepper
	salt
	Shoarma spices

Preparation

Poach the chicken in salted water for 15 minutes. Put the chicken in a bowl and shred the meat using two forks. Season to taste with the shoarma spices.

Mix the black beans, sweetcorn, Elvea Cubes and red onion in a bowl. Season with salt and pepper.

Put the tortillas on a plate. Add two leaves of romaine lettuce. Spoon on the pulled chicken. Spread the hummus on the wraps with the back of a spoon. Now spoon the Cubes mixture onto the wraps, and finish with the roughly chopped coriander.

Pack 1 wrap per person and enjoy a healthy Elvea lunch!

