

## Phoebe's Healthy Pizza wrap served with sweet potato fries

Ingredients	Method
<p style="text-align: center;"><b>Pizza</b></p> <p>4 Tortillas                      1 small garlic                      400g tin chopped tomatoes                      ¼-½ tsp chilli flakes (optional)                      125g/ Cheddar Cheese                      1 yellow or red pepper                      flaked sea salt and freshly                      ground black pepper                      Toppings of your own choice                      😊</p> <p style="text-align: center;"><b>Fries</b></p> <p>Sweet potatoes                      Olive oil                      Salt and pepper</p>	<ol style="list-style-type: none"> <li>1. Pre-heat your oven to 180C or if gas 200C. Place tortillas on to a lined baking tray (either greaseproof paper or tin foil will work).</li> <li><b>2. For your fries, cut the sweet potatoes into lengths add to a bowl with a little water.</b></li> <li><b>3. Place into the microwave for 6 minutes</b></li> <li>4. On to a chopping board, using a knife cut the peppers into lengths and then dice. <b>BE</b> careful using the knife, REMEMBER, you cutting methods of <b>bridge</b> and <b>claw</b></li> <li><b>5. Once the fries have finish in the microwave, drain the remaining water and drizzle with oil and season with salt and pepper. Pour onto a baking tray and bake in the oven for 20-30 minutes until golden</b></li> <li>6. Divide the chopped tomatoes evenly between the 4 tortillas, spreading them out but leaving a small border.</li> <li>7. Scatter over the chilli flakes, if using over the top of the chopped tomatoes</li> <li>8. Divide the cheese and peppers evenly over the top.</li> <li>9. Add the toppings of your choice to the pizza here 😊</li> <li>10. Pop trays into the oven to bake for about 4-6 minutes (depending on how hot your oven is), or until the cheese has melted and the tortillas are crisp and golden-brown on their edges.</li> <li>11. Remove the tortillas from the oven and slide onto serving plates. Top with the rocket and basil (if using).</li> </ol>

### Step by step making

#### 1. Sweet potato fries

