

Ingredients for the bread:

- ✓ 6 slices of white bread (de-crusted)
- ✓ 200ml milk
- ✓ 7 scoops Nutlis Clear

Ingredients for the spinach & avocado filling:

- ✓ 100g spinach
- ✓ 3 ripe avocados
- ✓ 20ml boiling water
- ✓ 2 Nutlis Clear scoops

Ingredients for the tuna filling:

- ✓ 224g drained canned tuna
- ✓ 224g mayonnaise
- ✓ 4 scoops Nutlis Clear



WRAP OR SANDWICH IDDSI LEVEL 4

METHOD:

- Remove the crust from x6 slices of bread. Crumb the slices into fine breadcrumbs.
- Add 7 scoops of Nutlis Clear to 200ml milk, mix vigorously and leave to stand until desired thickness has been achieved.
- Add the thickened milk to the breadcrumbs and mix well. Set aside.
- Next, blend the spinach and avocado together. Add ~20ml boiling water and blend until a puree is formed.
- Pass the puree through a fine metal sieve. Use a clean spoon to scrape the outside of the sieve.
- Mix in the Nutlis Clear and leave to stand until desired thickness has been reached. Set aside.
- Add the tuna and mayonnaise to a clean blender. Blend into a puree, adding 20ml boiling water as you do so.
- Pass the puree through a fine metal sieve. Use a clean spoon to scrape the outside of the sieve.
- Add the Nutlis Clear, stir and leave to stand until desired thickness has been reached.

ASSEMBLING THE WRAP:

- Place a sheet of clingfilm on a flat surface.
- Lightly brush over the centre area with the gravy browning and water mix.
- Place 3 tablespoons of the bread puree in the centre of the clingfilm and smooth it out into a rectangular shape.
- Layer two tablespoons of the spinach and avocado puree on top, spreading flatly over the bread puree.
- Add 3 tablespoons of the tuna puree on top and spread more thickly over the spinach and avocado puree.
- Take the top two corners of the clingfilm, fold them over in half, making the sandwich puree close over itself. Roll up the excess clingfilm at the bottom and sides of the wrap.
- Freeze for 2 hours.

PLATING:

Wrap

- Ensure wrap is fully thawed before serving.
- Cut in half to serve.

Sandwich

- Use the square cutter to shape 2 tablespoons of the bread puree on your serving plate. Flatten the puree in the mould using the back of a spoon.
- Layer 2 tablespoons of the spinach and avocado puree on top, flattening with the back of a spoon.
- Repeat this step using 2 tablespoons of the tuna puree.
- Remove the square mould before serving. Sprinkle paprika on top to garnish (optional).

OPTIONAL:

- Paprika
- Gravy browning mixed with water

EQUIPMENT:

- 40cm clingfilm
- Square cutter

These recipes are intended for patients, and carers of patients, who have been prescribed Nutlis Clear by a healthcare professional. Nutlis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision. Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending. Accurate at time of production August 2020. Videos are designed as a guide only. All food tests should be conducted in line with guidance from the International Dysphagia Diet Standardisation Initiative. The information provided does not replace the advice and supervision of a doctor, speech & language therapist or dietitian. Always speak to a healthcare professional first before making any changes to your diet.

