



# Shoulder CHOP

## strips "Fitbreads" (chickpea wraps)

Our fitbread recipe is what you have been missing in your life! The protein packed chickpea wraps with it's rather sweet taste goes perfect with some fresh salad ingredients and shoulder chops strips! One cup chickpea flour contains 21 grams of plant protein.

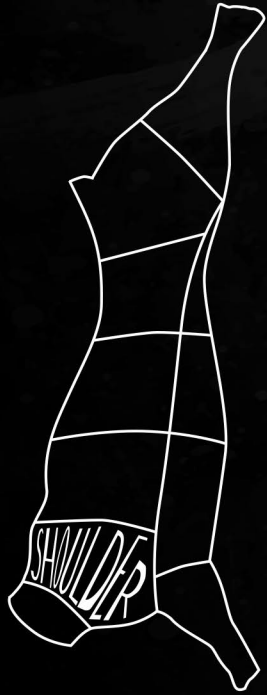
### "Fitbread" (makes 4)

- 1 ¼ cup Chickpea flour
- 1 cup water
- 1 tablespoon mixed herbs

- ◆ Combine all the ingredients to make a runny batter.
- ◆ Continue just as you would with pancakes

### Wrap fillings

- Lamb shoulder chops strips
- Plain greek yoghurt seasoned with some shiracha spice
- Salad fillings of you choice



### One shoulder chop

- = 64g average cooked edible portion
- = 15g protein
- = 6.3g fat

