



# Cycle 6

## Vegeterian wrap

### Ingredients

- ▶ "Wrap bread"
- ▶ Fresh tomatoes
- ▶ Mixed sprouts
- ▶ Purple carrots
- ▶ Fresh yogurt

### Cooking cycle

	Top Temp.	Bottom Temp.	Total Time	Microwave	Bef/After	Flex
Speedelight	249°C	220°C	1.25	0.18	Before	On
Speedelight PEP	249°C	220°C	1.30	0.30	Before	On

### Chef tips

Grill vegetables using the automatic cycle