

HAWAIIAN SPAGHETTI POCKETS

HEALTHY
PICK



Makes 8



Prep Time 10 minutes



Cook Time 3-4 minutes



INGREDIENTS

- 420g can **Wattie's Spaghetti 50% Less Added Sugar***
- 1 spring onion, chopped
- ½ small red capsicum, chopped (optional)
- ¼ cup unsweetened crushed pineapple, well drained

METHOD

1. Mix together **Wattie's Spaghetti 50% Less Added Sugar***, spring onion, red capsicum and pineapple.
2. Place a tortilla on a board. Spread about ¼ cup of spaghetti filling over one half of the tortilla, to within 2cm of the edges. Sprinkle with grated cheese and fold

- 1 cup grated noble cheese – or low fat cheese
- 8 x 20cm diameter flour tortillas

over to enclose the filling. Fold in half again to make a rounded triangle.

- 3.** Heat a non-stick frying pan. Cook for 3-4 minutes, turning once until the tortilla is crispy and golden and the filling hot. Repeat with the remaining tortillas.