

WRAP

HACKS



FOR REBEL KIDS

WE MAKE WRAPS **BUILT FOR BUSY.**

3PM
SNACKING. → HITTING
SNOOZE. → LOST
SHOES. ↻

FOR CRAVINGS THAT JUST WON'T QUIT.

THIS BOOK ISN'T HERE TO TEACH YOU
HOW TO COOK.

IT'S YOUR PERMISSION SLIP TO GO
OFF RECIPE AND PUT YOUR TRUST IN THE WRAP.

NO RULES. NO LEFTOVER CRUSTS.
JUST WRAPS THAT WORK.



01 REBEL WRAP STYLES

A FOLD-FRIENDLY GUIDE

03 LAST MINUTE LUNCHBOX

BUILT TO BE EATEN, NOT TRADED

27 MIDWEEK MAYHEM

NO-FUSS DINNER FIXES

REBEL WRAPPING 101

THE FOLD-FRIENDLY GUIDE TO LESS
MESS AND MORE FLAVOUR.



THE O.G.



THE STAR SUPREME



THE QUARTER FOLD



CLASSIC Quesadilla



THE POCKET



THE TOASTER TUCK



LAST MINUTE LUNCHBOX



BUILT TO BE EATEN, NOT TRADED

WRAPS 5 WAYS

FOLLOW KIDS CRAVINGS,
GO AGAINST THE GRAIN!



BREKKIE BURRITO

Say good morning with eggs and bacon...



Chicken CRUNCH

Add a lil crunch with corn chips



Garden Goodness

Mix and match your veggies



Happy Chick Combo

Try a crispy chicken combo



Little Miss Sweet

...Or fresh and fruity flavours!



FLAVOUR ROLLED UP!

CRAVEABLE COMBOS WRAPPED

Raid the fridge, grab the leftovers, sweet or savoury - anything goes! Roll ups are the perfect hack for simple lunches to be devoured.

Layer up your combo, roll tight and slice. Wrap in clingfilm for easy cutting!

Stop, scramble and roll with pesto and eggs

Keep it classic with ham 'n' cheese

Go bananas with PB&J



CHIP HAPPENS!

LEFTOVER WRAPS = DIPPING FOR DAYS

When Rebel wraps reach the end of their road, give them a crunchy comeback.

- Cut wraps into fun shapes.
- Toss in seasoning, sprinkle parmesan, drizzle with oil.
- Bake at 180°C for 7-10 mins 'til golden.

Pack with your kids' fave veggies & dips!

Use leftover wraps the wonkier the better

PREP
AHEAD

AIRFRYER
FOR THE WIN

Quick Quarter Fold Ups

OUR LITTLE REBELS' FAVE COMBOS!

Little hands, big opinions. Quarter-folds are quick to build, easy to hold and customisable to satisfy any little Rebel cravings.



Emma's egg
brekkie - aged 9



Abi's sweet
treat - aged 6



Josh's pizza
party - aged 13

Check out
pg. 01 for how
to Quarter
Fold Up

PORTABLE PIZZAS

THE LUNCHBOX TWIST ON A CLASSIC!

All the best bits of pizza, wrapped, rolled and ready to-go. Spread on sauce, add cheese and your favourite toppings - slice in half, roll and **bake** at 200°C for 15 mins.

This is how Rebels roll...

Say cheese!





THE MINCE MASTER PLAN

ONE BATCH, ENDLESS POSSIBILITIES

Cook up a big pot of mince early and let it roll through the week. From Spag Bol on-the-go (see pg. 17) to Crispy Wrap Cups (see pg. 31) and No-Pasta GF Lasagne (see pg. 33) this is the base that keeps mealtime moving.

Sunday
PREPPING

Midweek
Sussed

LONG LIVE
The LEFTOVERS



SPAG BOL ON-THE-GO

REMIX LAST NIGHT'S DINNER FOR LUNCH TODAY!

Got leftover mince? This one's the move. Fold into wraps, sprinkle with cheese, tuck to seal and **bake at 180°C for 8-10mins.**



Make them
cheeeeeeeeeesy

Spag Bol flavour
minus the pasta



Check out
pg. 01 for
how to fold
pockets!

**PREP
AHEAD**

EGGY WRAP TARTS

BREKKIE FUEL BUILT FOR
HUNGRY LITTLE HANDS

A wrap base, whisked eggs and crunchy bacon, baked into muffin-sized wins. They look fun, taste better, and are crunchy where it counts.

- Roll up your fave brekkie ingredients.
- Chop into 5 bits and pop in a muffin tin.
- Pour over whisked eggs and milk.
- Bake at 180°C for 15-20 mins.

Make it your way - there's
no rules around here.



Slice and
spiral up!



Swap out your
kids fave protein



CHOC-CHURRO ROLLS

SWEET TOOTH?
THIS ONE'S FOR YOU!

There's nothing naughty about a sweet treat once in a while!
Spread with nutella and roll, dip into eggs and milk, roll
in cinnamon sugar. **Airfry at 200°C for 8 mins.**

Pipe on
extra nutella

French toast with a
fuss-free twist!



JAMMY WRAP-TARTS

REBELS KNOW A SWEET TREAT FIXES EVERYTHING... ALMOST

Slice, fill with sweet spread, fold and crimp with a fork to seal. Pop in the airfryer 'til crispy and get creative with icing!

Get the kids creative in the kitchen!



More mess means more flavour!



THE TOASTER TUCK

LESS DISHES, MORE
MELTY MOMENTS

This handy fold keeps everything locked in while your wrap toasts evenly! Try our fave combo of sliced ham, ooey gooey cheese and pizza sauce.

Check out pg. 01 for
how to fold 'The
Toaster Tuck'

Raid the fridge for
lonely leftovers!

Cheese makes the
ultimate gooey glue

PEELABLE
FRESHER FOR LONGER



WHOLE
GRAIN
- 378g e -

BREKKIE
WINNER





MIDWEEK MAYHEM

NO-FUSS DINNER FIXES

ONE PAN ZERO EFFORT

BECAUSE MORNINGS DON'T HAVE TIME
FOR SUNNY-SIDE UP

Whack your eggs in a sheet pan, add
leftover veggies or extra protein, bake 'til
set, slice and wrap!



Store in the fridge
for 3-4 days then
reheat and eat!

Freeze for up
to 2 months!



CRISPY WRAP CUPS

**BUILT FOR LITTLE HANDS
AND TASTEBUDS!**

When taco night needs a switch-up, this is it.
Simply slice Rebel wraps in half, fold into cones,
press into a tin, brush with oil and bake 'til golden.

Switch out the
protein, swap
out the sauce

Lock in the crunch in
an airtight container

**FREE FROM
GLUTEN**

**PREP
AHEAD**



No-Pasta GF LASAGNE

SAUCY, TASTY AND OH-SO CHEEEEEEEEEEEESY

This is your shortcut to golden lasagna without the gluten. Layer up Rebel GF wraps, cheesy sauce or ricotta and mince then bake 'til bubbly.

**Slice up your wraps
to fit any size dish**

Better than GF pasta, a bubbly sauce makes Rebel wraps soft and al dente!

**FREE FROM
GLUTEN**

WRAPS > OVER BUNS

HIT ALL THE BURGER
CRAVINGS IN 1 2 3 DONE!

Fill it with your usual Friday-fix ingredients
and tuck in! Once you try burgers Rebel-style
you'll never go back.



Pickles or
no pickles?

No more soggy,
slidey buns!



CAPSICUM
& ROASTED
GARLIC

RESEALABLE
FRESHER FOR LONGER

FAKEAWAYS WRAPPED

TAKEAWAY VIBES. REBEL STYLE RULES.

From crispy chicken to burger mince and melty cheese, wraps turn everyday ingredients into fakeaway favourites. No apps, no waiting.





BITE OFF
MORE



THAN YOU
CAN CHEW



LIFE DOESN'T FOLLOW RECIPES