

Salmon and Cucumber Wrap



Ingredients

- 53g can of red or pink salmon (1/4 of 213g can of salmon)
- 25g low-fat soft cheese
- Lemon juice
- Black pepper
- Oregano, dried
- 1 large wholemeal tortilla
- 4 cucumber sticks
- Lettuce leaves

Servings: 1

Difficulty: Easy

Prep Time: 10 minutes

Method

- In a bowl, mix the salmon with the soft cheese. Season with a few drops of lemon juice, black pepper and sprinkle with some oregano.
- Spread the salmon mixture on the tortilla wrap.
- Top with cucumber sticks and lettuce and then roll up.

Complete your lunchbox with

- ½ carrot and ¼ of a cucumber cut into sticks
- 2 tbsp of fresh or frozen mixed berries (60g)
- 1 small pot of low-fat natural yogurt or plant-based alternative (125g)
- Bottle of water



Allergens

Gluten, milk, fish, may contain soya

