

Mackerel with red pesto tostada

(Serves 1)

Ingredients

- 1/2 x 110g tin Mackerel fillets, grilled (John West)
- 1 (appx 65g) Brown square wrap (Warburtons)
- 1 tbsp Pesto, red (Sacla roasted pepper)
- 25g Mixed salad leaves
- 2inch piece Cucumber, sliced & quartered
- 100g Tomatoes, cherry, halved
- 2 tbsps Mixed fresh herbs

Preparation

1. Flake the mackerel fillets into a dish.
2. Warm the square wrap under the grill.
3. Spread the pesto on the warm wrap.
4. Top the wrap with the salad leaves, cucumber & tomatoes.
5. Sprinkle with the mixed fresh herbs.
6. Scatter the flaked mackerel fillets.
7. Serve immediately.

TOP TIP: This dish is nice with the mackerel & tomatoes grilled & served warm.

NUTRITIONAL VALUES

PER SERVING

Calories 394

Total Sugars 7.89g

Total Fats 15.79g

Saturated Fats 3.48g

Salt 1.54g

Fruit & Veg 2.5