

# Salmon & Spinach wrap with a mixed salad

(Serves 2)

## Ingredients

- 1 x 170g tin Salmon, red (John West)
- 2 tbsps Lemon juice
- 2 tbsps Mayonnaise (Hellman's light)
- 1/4 tsp Black pepper
- 2 Tortilla wraps, wholemeal (Mission deli)
- 125g Spinach, baby leaves
- 4 in piece Cucumber, finely chopped
- 1 Pepper, red, deseeded & finely chopped
- 80g Cherry tomatoes, halved

## Preparation

1. In a dish, mix salmon with lemon juice, mayonnaise & black pepper.
2. Spread salmon across wraps, leaving a gap around the edges.
3. Scatter 1/2 of the spinach, cucumber & red pepper over wraps.
4. Fold wraps & slice each wrap diagonally into 2 halves.
5. Use remaining half of spinach, cucumber & red pepper as the mixed salad.
6. Scatter cherry tomatoes over mixed salad.
7. Serve.

**TOP TIP:** I buy skinless & boneless salmon as i hate coming across any bones in my fish. High in Omega 3, providing 85g of oily fish per serving.

## NUTRITIONAL VALUES PER SERVING

Calories 385

Total Sugars 8.44g

Total Fats 14.4g

Saturated Fats 3.94g

Salt 2.15g

Fruit & Veg 2.7