

a fresh approach

School Recipe: Fish Finger Wrap

Serves: 10
Preparation time approx. 20 minutes

Ingredients:

- 20 Birds Eye Foodservice Fish Fingers
- 10 wraps
- Iceberg lettuce
- 10 tbsp tomato salsa
- 10 tbsp low fat yoghurt



To prepare:

1. Cook the fish fingers as per pack instructions
2. Warm the wraps
3. Spread the wrap with salsa
4. Top with lettuce and fish fingers
5. Add a dollop of yoghurt and roll the wrap



Nutrition Information calculated per 100g		
Energy	175	kcal
Carbohydrate	28.7	g
NME sugar	2.2	g
Fat	3.2	g
Saturated Fat	0.4	g
Protein	7.8	g
Fibre	1.4	g
Sodium	210	mg
Vitamin A	10	ug
Vitamin C	2	mg
Folate	15	ug
Calcium	18.0	mg
Iron	0.2	mg
Zinc	0.1	mg

[Print](#) | [PDF](#)