

## GRAB and GO

### Fish in a Blanket

*Whitefish Bake served in a wrap with a lemon mayo and green salad*

#### Ingredients

|      |            |   |
|------|------------|---|
| 600g |            | 10 x 60g <b>MSC Whitefish Bake</b> (GG code 7167) |
| 200g |            | low fat mayonnaise                                |
| 10ml |            | lemon juice                                       |
| 200g |            | mixed lettuce leaves                              |
| 300g | (1 medium) | cucumber, chopped                                 |
| 160g | (1 medium) | green pepper, chopped                             |
| 560g |            | 10 x 10" flour tortillas                          |

#### Method

1. Place the frozen **MSC Whitefish Bake** on an oiled baking tray and bake for 20-30 minutes at Gas 6/200 °C/400 °F (less for convection ovens).
2. Mix the mayonnaise with lemon juice.
3. Portion the mixed salad leaves, cucumber and green pepper in a line across the centre of the tortilla wraps.
4. Add the cooked **MSC Whitefish Bake**.
5. Run a small spoonful of lemon mayonnaise over the fish and fold up the wrap.

#### Serving instructions

Could also be served with spicy potato wedges and a Greek salad as a main meal.

#### Nutritional analysis (per 100g COOKED)

|               |              |                                 |                  |                |                |
|---------------|--------------|---------------------------------|------------------|----------------|----------------|
| Energy (kcal) | Fat (g)      | Satd FA (g)                     | Carbohydrate (g) | NME Sugar (g)  | NSP fibre (g)  |
| <b>158.5</b>  | <b>3.6</b>   | <b>1.2</b>                      | <b>23.5</b>      | <b>0.3</b>     | <b>1.5</b>     |
| Protein (g)   | Iron (mg)    | Zinc (mg)                       | Calcium (mg)     | Vitamin A (µg) | Vitamin C (µg) |
| <b>7.2</b>    | <b>3.8</b>   | <b>3.1</b>                      | <b>83.2</b>      | <b>19.0</b>    | <b>9.6</b>     |
| Folate (µg)   | Sodium (mg)  | <b>makes 10 x 188g portions</b> |                  |                |                |
| <b>18.2</b>   | <b>388.1</b> |                                 |                  |                |                |

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