



5 mins

Allergens



WHEAT



FISH



MILK

Utensils



knife

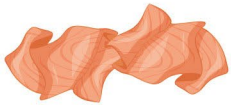


spoon



Chopping board

You will need...



2 slices smoked salmon (50g)



1 Tbsp reduced fat cream cheese



one wholemeal wrap



a quarter cucumber



salt & pepper

- 1** Chop the cucumber thinly on a chopping board



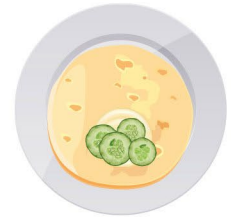
- 2** In the middle of the wrap, spoon on the cream cheese



Lunch Recipe

Smoked Salmon & Cucumber Wraps (Uncooked)

- 3** Add the cucumber slices on top of the cream cheese



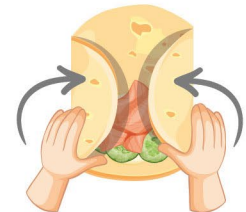
- 4** Add the salmon slices on top of the cucumber. Season the wrap with salt and pepper.



- 5** Roll up the wrap

STEP 1

Fold in both sides



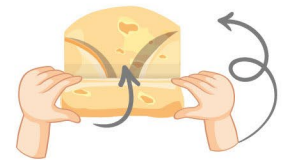
STEP 2

Fold up the bottom whilst keeping the sides flat



STEP 3

Roll up the tortilla



Chop the wrap in half



Enjoy your lunch!