Tuna, Sweetcorn and Pickle Tortilla Rolls

2 large tortilla rolls · Active 15 min · Total 15 min

Skills: Easy

Ingredients

- 1 can tuna in water, 5 oz (142 g), drained
- 1/2 cup canned sweetcorn, drained (80 g)
- 2 tablespoons finely chopped dill pickles (30 g)
- 2 tablespoons mayonnaise (30 g)
- 1 teaspoon lemon juice (5 ml)
- 1/4 teaspoon black pepper
- 2 large flour tortillas (120 g)
- 2 large dry lettuce leaves

Set out

Mixing bowl, Fork, Small chopping board

Allergens

Wheat, Fish, Egg. Check labels and substitutions.

Make it

1. Flake tuna in the bowl. Mix with corn, pickles, mayonnaise, lemon and pepper.

2. Lay a dry lettuce leaf on each tortilla. Divide filling between them, keeping the side edges clear.

3. Fold sides inward and roll tightly from the bottom.

4. Serve immediately or wrap, place in a covered container and refrigerate promptly.

Measure once from a larger tin

If a corn tin leaves extra, transfer it to a covered container and refrigerate promptly. Plan its next use rather than leaving an opened tin beside the sink.

A useful detail

Choose tortillas large enough to enclose the filling without forcing the seam; about 10 inches (25 cm) is useful.

Keep it well

Keep at 40°F/4°C or below and eat assembled rolls within 1 day. Refrigerate within 2 hours, or 1 hour above 90°F/32°C. For travel, use an insulated bag with two cold sources; do not leave rolls in a parked vehicle.