Sardine, Lemon and Chili Toasted Wraps

2 crisp folded wraps · Active 15 min · Total 21 min

Skills: Easy

Ingredients

- 1 tin sardines in oil, 4–4.5 oz (110–125 g), drained
- 1 tablespoon mayonnaise (15 g)
- 1 teaspoon lemon juice (5 ml)
- 1/2 teaspoon finely grated lemon zest
- 1/4 teaspoon chili flakes
- 2 tablespoons chopped parsley (8 g)
- 2 flour tortillas, 8-inch (100 g)
- 2 teaspoons olive oil (10 ml)

Set out

Mixing bowl, Fork, Nonstick skillet, Broad spatula

Allergens

Wheat, Fish, Egg. Check labels and substitutions.

Make it

1. Mash sardines lightly with mayonnaise, lemon juice, zest, chili and parsley.

2. Spread filling over half of each tortilla, leaving a 1/2-inch (1 cm) border. Fold into half-moons.

3. Heat half the oil over medium heat. Toast first wrap 2–3 minutes per side until crisp and hot inside. Repeat with remaining oil and wrap.

4. Transfer to a board, cut into wedges and serve immediately.

A fish tin can become two servings

Stretching one tin across two toasted wraps works because the bread is part of the meal. Use the tin promptly once opened and wash the oily mixing bowl before it sits in the sink.

A useful detail

If the tortilla colors too quickly, reduce heat so the filling can warm without burning the wrapper.

Keep it well

Refrigerate filling at 40°F/4°C or below for up to 2 days, within 2 hours of preparation or 1 hour above 90°F/32°C. Keep tortillas separate. If reheating a stored cooked wrap, heat the center to 165°F/74°C.