



Tuna Tortilla Wrap



Tuna, guacamole, red onion and sweetcorn. Done! It couldn't be easier to nail the tortilla trend with this easy, dairy free wrap hack. That's lunchtimes sorted.

	Calories	Sugars	Fat	Saturated Fat	Salt
100g	147Kcal	2g	4.4g	1.6g	0.41g
RI%	19%	6%	17%	20%	18%

Method

1. Lay the tortilla on a chopping board and with a sharp knife, starting from the centre, make a cut to the outer edge of the tortilla.
2. Spoon each of the fillings over a quarter of the tortilla, then take the cut edge of the tortilla and fold so that each quarter is on top of each other. This will leave you with a triangle shaped parcel.
3. Heat a large frying pan and once hot place the folded tortilla into the pan and cook for a few minutes on either side until it is toasted.

Ingredients

80g (1/2 145g can) Princes tuna in spring water, drained

3 tbsp guacamole

3 tbsp canned sweetcorn

½ small red onion, diced

1 large tortilla wrap