



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

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TUNA WRAP

Serves 1

Per serving: 300 calories, 1g fat approx.

Prep time: 5 mins

Cook Time: None

INGREDIENTS

1 tortilla wrap per serving

¼ red onion finely chopped

¼ each of two different coloured peppers,
finely chopped

1 mushroom, finely chopped

1 stick celery, finely chopped

Fresh coriander (optional)

1 x teaspoon Chilli and Ginger Dipping Sauce

28g tuna, canned in brine, or sardines in tomato
sauce

METHOD

1. Spread the centre of the tortilla with the dipping sauce.
2. Sprinkle the finely chopped peppers, onion, mushroom and celery on the sauce in the centre.
3. Break up the tuna or sardines in a small bowl and place on top of the salad vegetables then top with fresh coriander if you wish.
4. Now wrap the tortilla edge that's closest to you over the contents, tucking it under the filling, then fold in the sides of the wrap like a parcel before rolling it up into a sausage shape.
5. Squeeze to secure then cut diagonally in the centre to serve.

