

Cold Smoked Trout, Egg and Rocket Wrap



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 4 eggs
- 180g cold smoked salmon fillet, skin removed and flaked
- ½ small red onion, finely sliced
- 1/3 cup low fat mayonnaise
- 1 tablespoon wholegrain mustard
- 1 tablespoon lemon juice
- Freshly ground black pepper
- ½ small red onion, finely sliced

- 4 wholemeal wraps, Lebanese bread or lavosh
- 60g rocket or watercress

Method

1. Place eggs into a saucepan large enough to hold the eggs in a single layer. Cover with cold water and bring to the boil; cook 7 minutes for hard boiled eggs. Drain, refresh with cold water and peeled.
2. Cut each egg into quarters and combine in a large bowl with flaked salmon and red onion.
3. Mix mayonnaise, mustard and lemon juice together and season with freshly ground black pepper. Toss gently through salmon mixture to coat evenly.
4. Lay out wraps and spoon mixture along the end of each wrap. Add rocket or watercress and roll up; serve immediately.

Notes

canned tuna or salmon can be used instead of smoked trout

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
238g	1800kj 430kcal	23.5g	18.3g	3.7g	40.6g	9.1g	1320mg	3.7g

All nutrition values are per serve.