



Great School Food you can enjoy at home

Recipe

Fish Finger & Pea Puree Wrap



Ingredients

- 8 fish fingers
- 250 frozen peas
- 1 tbsp vegetable oil
- 2 tbsp lemon juice
- 4 tortilla wraps
- 4 grated carrots

Method

1. Grill or bake the fish fingers.
2. Meanwhile, boil the peas for 3mins, drain them, added the oil lemon juice.
3. Blitz the pea mixture with a hand blender or mash with a fork until smooth.
4. Warm the tortillas. Spread with the pea puree, scatter with the carrots and top with the fish fingers, roll up and serve while still hot.

Makes a quick and delicious healthy lunch time snack.

Why not make some homemade potato wedges?

Just cut the potatoes into wedges & add a little oil, salt, pepper bake in the oven for 15 minutes, serve with the wraps and enjoy.

Allergens

Cereals containing Gluten / fish /soya / milk.

My Notes

Makes 4 servings.
Get the children to help make this dish.

