Wraps with Sardines in olive oil





3/4 personnes people | 30 min preparation time | cooking time

All ingredients

1 tin of 115g la belle-iloise St Georges Sardines in olive oil
1 large buckwheat pancake
2 eggs
1 pot whipped fromage frais or cream cheese (such as Madame Loïk)
1 jar piquillo pepper preserve
1 red pepper
Handful of rocket

Steps

1- Heat a frying pan and put the pancake in it
2- Beat the two eggs as for an omelette and pour them over the pancake
3- When the eggs are cooked (but not too much!), transfer the pancake to your worktop
4- Make a row of sardines, a row of rocket, a row of red pepper cut into strips and then a final row of whipped cream cheese
5- Roll up the pancake in cling film and chill for two hours
6- Cut into slices just before serving and top with a little of the piquillo pepper preserve