

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