Mackerel with seeds of paradise wrap





6 people | 15 min preparation time | None cooking time

All ingredients

3 tins of 80g of la belle-iloise Flaked Mackerel with Grains of paradise
6 wheat tortillas
100g hearts of palm, drained
250g carrots
200g tomatoes
1 teaspoon mustard
100g fromage frais
2 pinches salt
6 lettuce leaves
A few sprigs of fresh chives or coriander.

Steps

1- In a salad bowl, mix the fromage blanc, mustard, salt and la belle-iloise mackerel flakes
2- Peel and grate the carrots
3- Dice the tomatoes into small cubes
4- Slice the hearts of palm
5- Gently combine the vegetables and the creamy fish mixture with the sauce
6- Roll each tortilla into a cone
7- Place a leaf of lettuce in each tortilla and top up with your preparation
8- Sprinkle a little chopped chives (or coriander) over the top