

Mackerel with seeds of **paradise** wrap



6 people

15 min preparation time

None cooking time

All ingredients

- 3 tins of 80 g** of la belle-iloise Flaked Mackerel with Grains of paradise
- 6** wheat tortillas
- 100 g** hearts of palm, drained
- 250 g** carrots
- 200 g** tomatoes
- 1 teaspoon** mustard
- 100 g** 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