

Tuna in olive oil wraps



2 people

10 min preparation time

None cooking time

All ingredients

- 1 tin of 80 g** la belle-iloise flaked tuna in olive oil
- 2** wheat wraps
- 1 handful** salad (approximately 40 g)
- 40 g** Emmental or other cheese
- 40 g** cucumber
- 1 teaspoon** mustard
- 3 teaspoons** cream cheese or fromage blanc
- 2 pinches** salt
- 2 pinches** curry powder (optional)
- 1 pinch** pepper

Steps

- 1- Cut the cucumber and cheese into small sticks
- 2- In a bowl, mix the cream cheese, mustard, salt, pepper, and curry powder
- 3- Drain the excess oil and add the flaked tuna to the mixture
- 4- Fill the wraps with the mixture, salad, cheese and cucumber
- 5- Fold the ends of the wraps over (to prevent leaks) and then roll them up moderately tightly
- 6- Cut each wrap in half at an angle
- 7- Serve them standing up in a glass with a flat bottom, or wrap them in plastic film for a picnic