



SERVING SIZE MAKES 1 PORTION

# Homemade Fish Finger and Salad Wrap with Cucumber Riata

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Recipe by Barbara Cox

# Homemade Fish Finger and Salad Wrap with Cucumber Riata



High Protein	X	Low Calorie	X	Low Fat	X
1 of your 5 a day	X	Low Salt	X	Low Sugar	X
Vegetarian		Vegan		Dairy Free	
Gluten Free		Low Carb		Garlic Free	X
Live Well		Shellfish Free	X	Soya Free	X



## Method:

1. Preheat the oven to 180°C
2. Prepare fish – cut into 1 inch X 4 inch strips, dust with spice
3. Make the crumb coating and coat the fish in EGG then cover with CRUMBS and place on baking tray with GREASE proof lining
4. Grill until cooked – approx 12- 15 minutes (until fish is thoroughly cooked)– set aside
5. Make a cone with the tortilla wrap and place on the plate
6. Arrange the mixed leaf inside the cone
7. Slice the fish finger and place neatly in the cone
8. Top with cucumber riata
9. Roll wrap and OPTIONAL (secure with POSH PRICKS toothpicks) with wedge of lemon in poshprick too

## List of ingredients:

- White fish, dusted with seasoning, Cajun spice, crumb topping (140g)
- 10" Tortilla wrap (1 per person)
- Egg – make the egg wash for the crumb (1/4)
- Spices: Cajun spice, Spanish paprika, Himalayan crystal salt, cracked pepper (2 tsp)
- Mixed leaf lettuce (15g + per person)
- Cucumber Riata (finely dice the cucumber, fresh mint, lemon juice & natural yogurt, season with salt and pepper) Mix together (25g)
- Panko Crumbs (15g)

WEIGHT & MEASURES – ALL SUPPLIERS AND CODES NEED TO BE RE-CHECKED

Allergen Information	Yes	No
Cereals containing gluten (wheat)	X	
Milk & products thereof	X	
Crustaceans & products thereof		X
Nuts		X
Eggs & products thereof	X	
Soybeans & products thereof		X
Sulphur Dioxide & Sulphites		X

Allergen Information	Yes	No
Sesame Seeds & products thereof		X
Lupin & products thereof		X
Molluscs & products thereof		X
Fish & products thereof	X	
Mustard & products thereof		X
Peanuts & products thereof		X
Celery & products thereof		X

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