

Sushi Wrap Bites



Ready in **5 minutes**

Serves **4 people**

1033 Kilojoules

Nutrition

Per serve: 1033kJ, 20.2g Protein, 7.7g Fat (1.4g Saturated Fat), 21.9g Carbs (5.2g Sugars), 4.1g Dietary Fibre, 664.9mg Sodium

Looking to find some inspiration for the school lunchbox? These sushi wrap bites are a great way to bring some fish into your children's diets

Ingredients

- 4 x Helga's mixed grain wraps
- 185g tuna in springwater, drained
- 2 tspn capers, rinsed, chopped finely
- 1 tblspn whole egg low fat mayonnaise
- 4 lettuce leaves, shredded
- 1 carrot, grated
- 1 tblspn lemon juice
- Pepper to taste

Preparation

1. Mix tuna, capers, mayonnaise, lemon juice and pepper well.
2. Lay equal quantities of tuna on to each wrap. Top with the carrot and lettuce
3. Roll up wraps firmly and slice into 4 pieces each or keep whole and wrap in paper lunchwrap.