

Recipe

# PILCHARDS WRAP



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## Recipe

- 1 x 215g can Saldanha Pilchards in Hot Chilli Sauce, drained
- 1 medium onion
- 1 medium tomato
- 3 tbsp mayonnaise
- 2 wraps
- Crisp lettuce, shredded

## Method

- Chop the onion and tomato finely.
- Add the mayonnaise to the tomato and onion.
- Place each wrap on a separate plate, adding a layer of lettuce on each wrap. Follow this with a spoon of the tomato and onion mixture.
- Drain and flake the pilchards, placing on top of the other fillings. Fold or roll wrap.



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