

## Fish Finger Wraps and Pea Puree



**Serves 2**

**Prep 5 mins**

**Cook 10 mins**

**Low fat**

### Ingredients

6 fish fingers  
175g frozen peas  
1/2 tbsp oil  
1 tbsp lemon juice, plus wedges to serve  
2 wholemeal & seed tortillas  
2 carrots, coarsely grated  
1-2 cornichons, sliced

1. Grill or bake the fish fingers following packet instructions. Meanwhile, boil the peas for 3 mins, then drain, add the oil and lemon juice, and blitz with a hand blender (or in a food processor) until smooth. Season, adding a little more lemon juice if you like.
2. Warm the tortillas. Spread with the pea puree, scatter with the carrots, then top with the fish fingers and cornichons. Roll up and eat while still hot, with a good squeeze of lemon.