



SALMON AND SPINACH WRAPS

A healthy and tasty lunchbox option; simple enough for children to make for themselves.

Tinned salmon is a good budget option for increasing your oily fish intake. Scientists recommend eating at least 2 portions of fish each week; one of which should be oily fish.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using bridge/claw appropriately.

Equipment: Can opener, colander or sieve, medium bowl, measuring spoons, citrus squeezer (optional), spoon, chopping board, knife.

Allergens*: Gluten | Mustard | Eggs | Milk | Fish

Ingredients (makes 2 portions):

- 60 g tin of pink salmon
- 1 tbsp reduced fat mayonnaise
- 1 handful of baby spinach leaves
- 1/4 cucumber, sliced
- Juice of 1/2 lemon
- Black pepper, to taste
- 2 wholemeal wraps

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

Method

1. Drain the liquid from the tin of salmon and place in a bowl.
2. Add the mayonnaise, black pepper and lemon juice.
3. Mix well to combine all the ingredients.
4. Layer the baby spinach leaves and cucumber along the middle of the two wraps, and spoon half the salmon mixture on top of each one.
5. Fold the bottom of the wrap upwards and then fold and roll the wrap to secure the filling.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 191g serving

ENERGY	1247kJ / 297kcal	15%
FAT	12.0g	17%
SATURATES	2.2g	11%
SUGARS	3.3g	4%
SALT	1.5g	25%

% of an adult's reference intake
 Typical values per 100g : Energy 653kJ / 156kcal

So thinking about salmon and spinach wraps...

Salmon (canned or fresh) is an excellent source of protein, as well as a range of vitamins and minerals. It is an oily fish and so contains high levels of omega-3 fatty acids. These are healthy fats and are very good for our bodies.



Wheat wraps, like bread, are a good source of complex carbohydrates which gives us energy. Generally wholemeal breads/wraps tend to be more nutritious than white, and they also contain more fibre.



Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage