



TASTY TORTILLA

My kids love this recipe! And finally I've found a way that they'll happily eat oily fish ... disguised in a cheesy, oozy, deliciously crispy tortilla!

It's also super simple for children to make themselves - and of course you don't have to use fish. Anything you have in the fridge goes in this one - just make sure you balance out the quarters; protein in one, dairy in another and two different vegetables to keep it super healthy.



Skills Check: Follow a recipe; follow food safety and hygiene rules; tidy away; use a sieve; cut using the bridge/claw technique safely; use a box grater safely; use a tin opener safely; spread with a knife, spoon; mash; use the hob (with adult supervision).

Equipment: Chopping board, sharp knife, small bowl, fork, can opener, sieve, box grater, frying pan, palette knife or fish slice.

Allergens*: Gluten | Milk | Fish

Ingredients (makes 1):

- 1 wheat and white tortilla wrap
- 1/2 tin sardines or mackerel, drained and mashed
- 30g reduced fat cheddar cheese
- 1/4 red pepper, cut into slices
- 1 spring onion, cut into rings

Method

1. Prepare your fillings: chop your vegetables, grate your cheese and drain and mash your sardines/mackerel.
2. Take your tortilla wrap and make a cut from the centre of the wrap to one outside edge.
3. Fill each quarter of the tortilla with a topping, and then fold each quarter over on top of each other (in a circular fashion) to create a triangular tortilla with all of the fillings wrapped inside.

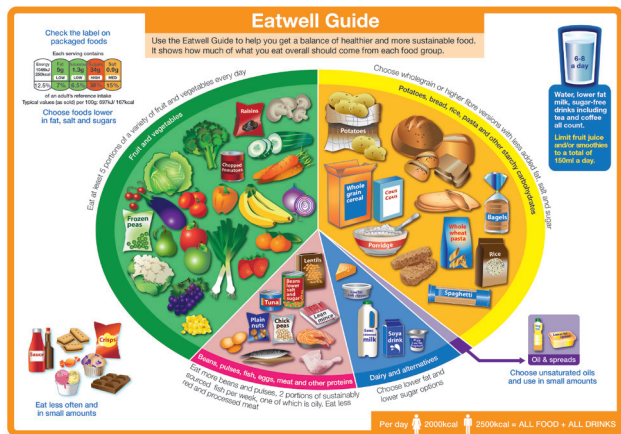


4. Warm a dry frying pan over a hot heat. Carefully place your triangular tortilla into the hot pan.
5. Let it brown underneath (2-3 minutes), and when it's nice and brown flip the tortilla over to brown the other side. When it's nicely browned (2-3 minutes - don't let it burn!) on both sides, and the cheese has melted, it's ready to serve.

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



TASTY TORTILLA 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

So, thinking about Tasty Tortillas ...

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

Cheddar cheese can be high in saturated fats and salt. Use small amounts and choose low fat options where possible.

Sardines/Mackerel are a good source of vitamin D, protein, some B vitamins and selenium. It's also a rich source of omega-3 fatty acids, a type of fat that is good for our health.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 170g serving

ENERGY
1566kJ / 374kcal **19%**

MED **FAT**
16.0g **23%**

HIGH **SATURATES**
6.1g **31%**

LOW **SUGARS**
4.0g **4%**

MED **SALT**
1.4g **23%**

% of an adult's reference intake
Typical values per 100g : Energy 916kJ / 218kcal

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.