

Tuna Tortilla Wrap

Difficulty level: 1/5

Preparation Time: 15 mins

Serves 2 persons



Ingredients

A

- 100 g Tuna flakes
- 1 no Onion, finely chopped
- 2 nos Bird's eye chilies, sliced
- 1 teaspoon Paprika
- 1/2 teaspoon MAGGI® CUKUPRASA™
- 1 teaspoon Lime juice
- 2 tablespoons NESTLÉ® Natural Set Yogurt

B

- 2 pcs Tortilla
- 1 no Tomato, sliced fresh lettuce

Directions



1. In a bowl, mixed ingredients A until well blend. / Gaulkan bahan A di dalam mangkuk sehingga sebati.
2. Lay tortilla on a plate, organize lettuce, tomato and tuna mix. / Letakkan tortilla di atas pinggan, susunkan sayuran, tomato dan campuran tuna.
3. Wrap accordingly. / Balutkan.

Nutrition Information per serving

Protein 16g

Carb 26g

Fat 4g

Energy 204g