

Omelette wrap with tuna and herbs

Ingredients 2 people

Omelette

4 eggs

salt

black pepper

2 teaspoons butter, to fry in

Fresh oregano and sliced red onion to decorate with

Tuna mix

1 can tuna in water [150 g drained weight]

1.5 tablespoons mayonnaise

1 tablespoon sour cream

2 tablespoons chives, chopped

2 tablespoons parsley, chopped

0.5 cloves garlic

0.5 lemon, finely grated peel

salt

black pepper

herb garden spice

How to make

Start with the tuna mix. Mix all the ingredients for the tuna in a bowl.

Mix together eggs, salt and pepper in a small bowl.

Heat a frying pan with half the butter and fry 2 omelettes for a few minutes until it has set. Let them cool on a plate.

Place salad leaves and the tuna mix at the omelette. Top with a little oregano and red onion. Fold the omelette into a wrap and place it in a lunch box with a lid or eat it immediately.