

**Number of portions this recipe makes:**

30 primary servings (185g)
20 secondary servings (280g)



Prep: 15 minutes
Cook: 50 minutes

**Allergy information:**

Fish, milk, wheat (gluten)

**Top Tips**

Stack the uncooked flatbread between small sheets of greaseproof paper.

BREADED MACKEREL WRAP

Grab & Go: This recipe provides a portion of starchy food and a portion of fish. It counts towards the standards to provide a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day, and to provide a portion of oily fish once or more every three weeks. Note: no more than two portions of deep-fried, batter-coated or bread-crumbs coated food are permitted each week across the whole day.

Recipe adapted from: Tony Mulgrew – School Chef at Ravenscliffe High School

Ingredients

2kg breaded mackerel fillets
500g bag of mixed leaves
200ml spiced tomato sauce
500ml minted yoghurt
200g cucumber cut into batons
200g tomatoes, sliced thinly

Flatbread:

1kg self-raising flour
1kg plain low fat yoghurt
30g (2 tbsp) baking powder

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: if buying ready-made breaded fish, choose products with a salt content less than 1.13g/100g and lower saturated fat content wherever possible.

Method

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Place the mackerel fillets on tray and for 15 minutes until appropriate core temperature is reached, and then keep warm until needed.
3. Prepare the flatbread by putting the flour, yoghurt and baking powder into a food processor and pulse until the mixture forms a dough. Place the dough out onto your work surface and dust with a little flour. Knead the dough for a minute or so to bring it together. Divide the dough into about 30 (for primary) or 20 (for secondary) equal-sized pieces. Dust a rolling pin with flour then roll the pieces of dough out into side-plate-sized rounds. Put a griddle pan on a high heat to get nice and hot. Once it's really hot, cook each flatbread for a couple of minutes per side, until slightly puffy and lightly charred.
4. Assemble the wrap by putting either the spicy tomato sauce or cool yoghurt dressing in centre of bread and add mixed leaves with cucumber stick, tomato and mackerel fillets fold wrap or flatbread and serve.

Serving suggestion: with a seasonal salad.

