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SEACHANGESEAFOODS.CA



Smoked Sockeye Salmon, Veggie, and Avocado Wrap

Servings: Makes 2 wraps

Ingredients:

2 whole wheat wraps
4 tbsp **Herbed Cream Cheese** (see below) or flavoured cream cheese such as herb and garlic or dill
handful of salad greens (such as spinach, arugula, frisee, baby lettuce mix)
handful of sprouts
8 slices of cucumber, stacked and sliced into matchsticks
1/2 ripe avocado, sliced
227 g SeaChange Smoked Sockeye Salmon
salt and pepper

For the **Herbed Cream Cheese**, mix together:

4 tbsp plain cream cheese
1 tsp minced chives
1 tsp minced parsley
1/4 tsp lemon zest
ground black pepper

Preparations:

Spread the cream cheese evenly over each wrap, right to the edges. Top each wrap with half the salad greens, half the sprouts, half the cucumber, and half the avocado. Season the avocado with salt and pepper.

Open the package of smoked sockeye salmon with scissors and drain off the juice (discard or reserve for another use). Slide the salmon out onto a plate and break it into larger, bite-sized pieces. Place half of the salmon on top of the veggies in each wrap. Fold the wrap over the filling and roll it up to secure, tucking in the ends of the wrap as you go. Cut the wrap in half with a serrated knife and enjoy.