

Mediterranean No-Cook Trout Tortilla



Inspired by the famous tortilla wrap popularized on TikTok, this Mediterranean trout wrap is perfect for a quick, fresh and satisfying meal. No cooking required and ready in just 5 minutes, it combines crisp cucumber, creamy tzatziki and feta, and protein-rich trout. If you enjoy simple and efficient recipes, be sure to check out our [Top 10 Recipes Ready in Under 20 Minutes](#) for even more quick meal ideas.

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 375

Fat 16

Carbohydrates 24

Fibre 6

Protein 29

Sodium 770

Ingredients

- 1 whole wheat tortilla, 20 cm (8 in) in diameter
- 15 ml (1 tbsp) tzatziki (yogurt-based)
- 5 ml (1 tsp) fresh dill, chopped
- 10 small capers

- ½ Lebanese cucumber, thinly sliced
- 30 ml (2 tbsp) light feta cheese, crumbled
- 125 ml (½ cup) cooked trout, flaked

Preparation

1. Place the tortilla on a clean work surface. Cut a slit from the centre down to the bottom edge.
2. Spread the tzatziki over one quarter of the tortilla. Top with capers and dill.
3. Add the mixed greens and cucumber to the adjacent quarter. Place the feta on the next quarter and the trout on the last quarter.
4. Fold the tortilla by overlapping each quarter onto the next to form a wrap. Serve immediately.

Notes

Store in the refrigerator for up to 24 hours. Does not freeze well.



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