

INGREDIENTS

160g Garden Gourmet Sensational
Mediterranean Seasoned Fillet Pieces

1 courgette

80 g rocket leaves

½ avocado

1 lemon

2 tomatoes

2 tbsp sundried tomatoes in oil

1 tbsp pine nuts

2 "piadine" wraps or flour tortillas

handful basil leaves



This Piadine wrap with Garden Gourmet Sensational Italian Marinated Pieces takes no time to throw together - great for at home lunch inspiration or add some extra sides for a delicious dinner for 2! Look out for wholemeal wraps for extra fibre...

PREPARATION**1.1**

Cut the courgette into diagonal slices. Mix them with a little oil and season with salt and pepper. Grill them on both sides in a grill pan over medium heat until grill marks appear (if you don't have a grill pan you can just fry in a frying pan).

2.2

Cut the tomatoes into wedges and the sundried tomatoes into smaller pieces. Halve the avocado, remove the stone, peel off the skin, cut the flesh into pieces and sprinkle with lemon juice.

3.3

Fry the marinated pieces in some oil in a frying pan according to the directions on the pack. Briefly put the wraps in the grill pan to heat them up.

4.4

Divide the rocket over the center of the piadines and then divide the avocado, tomato, courgette, marinated pieces and sundried tomatoes over it.

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