

"These Beetroot and Smoked Trout Wraps are delicious for a back-to-school or back-to-work lunchbox.

The Beetroot and Smoked Trout Wraps are light, very tasty and will definitely raise a few eyebrows in the office. Cut up into little snacks (as per the images) is just perfect for as a snack idea."

- Chef Nina Timm

www.my-easy-cooking.com



makes about 30-36 little snacks

Ingredients

- 6 **Woolworths** Beetroot Wraps
- 2 x 250 g Cream Cheese
- about 30 young(thin) asparagus
- 200g **Three Streams Oak-smoked Trout Ribbons**
- zest and juice of 2 small lemons
- 2 T chopped chives
- salt and freshly ground pepper

Method

It is important to get all the elements ready before you start making these wrap rolls.

Cream Cheese

Empty the two tubs of cream cheese into a bowl.

Add the lemon juice, lemon zest, chives, salt and ground pepper to the bowl and mix well.

Keep refrigerated until needed.

Asparagus

Fill a medium-size pot half with water and bring to the boil.

Add the asparagus and blanch for 2-3 minutes depending on how thick they are.

Remove the asparagus from the boiling water and immediately put them in a bowl with ice water to stop the cooking process and retain the beautiful green color.

Wraps

This is how I do it;

Take the wraps from the plastic package and put them all in a clean kitchen towel and fold the towel around them to make a little parcel.

Place the wraps with towel into the microwave and let it run on high for 2 minutes.

This will make the wraps soft and pliable.

To assemble the wraps

Take a wrap, spread some of the cream cheese mix on the wrap.

Place some trout ribbons on the cream cheese.

Lastly place about 5 asparagus on the trout and roll the wrap.

Use a sharp knife and cut into little rounds.

Serve with a glass of cold bubbly and some pretty fine flowers of micro herbs.