

Folded Crispy Chicken Wrap

MEDIUM PORTION SIZE

INGREDIENTS

- 1 teaspoon Oil, chilli
- 1/4 teaspoons Onion powder
- 1/2 teaspoons Smoked paprika
- 1 Limes, fresh
- 1/4 teaspoons Garlic powder
- 1 tablespoon Coriander, fresh
- 15 grams Cheese, cheddar
- 1/2 tablespoons Jalapeno, pickled
- 1/2 cups Lettuce
- 2 Tortillas, plain
- 1/2 tablespoons Chives, fresh
- 1/4 cups Yogurt, low fat, plain
- 160 grams Chicken, cooked

METHOD

1. Shred the chicken in a bowl
2. Combine the chicken with 1 TBS yogurt, the chilli oil, paprika and onion powder, and the chives
3. To make the ranch dressing, combine the remaining yoghurt with the coriander, garlic powder, chopped jalapenos, salt, pepper, and zest and juice from 1 lime
4. Grate the cheese and shred the lettuce
5. To assemble, cut down from the center of the tortilla to the edge
6. Spread the chicken in the bottom left corner, then add a handful of the lettuce to the top left corner.
7. Spread the ranch on the top right corner, and sprinkle the cheese on the bottom right corner
8. Fold the buffalo chicken over the lettuce. Then, working clock-wise, folding that quarter over the ranch.
9. Finally, fold that quarter over the cheese.
10. Heat a drizzle of olive oil in a pan, add 1 wrap and cook for 2-3 minutes per side until crisp and golden brown.
11. Enjoy!

