

Spicy Garlic Chicken Wraps

Eat well • waste less • make food last



INGREDIENTS

- 2-3** chicken breasts, sliced into strips
- 1 tsp** chilli powder
- 1 tsp** garlic granules
- 4** tortilla wraps
- 1 tbsp** oil
- To taste** salt and black pepper
- Optional** shredded lettuce, sliced onion, tomato and grated cheese
- Optional** ranch dressing, sweet chilli sauce or garlic sauce



PREP
10 min



COOK
10 min



SERVES
4



METHOD

- 1** Put the chicken strips in a bowl with the chilli powder, garlic granules, salt and black pepper. Mix until evenly coated.
- 2** Heat the oil in a frying pan. Add the chicken and cook over a medium heat for 6-8 minutes, stirring regularly, until steaming hot throughout and no pink meat remains.
- 3** Warm the tortilla wraps according to the packet instructions.
- 4** Lay out each wrap and add the lettuce, onion, tomato, cheese and cooked chicken.
- 5** Add your preferred sauce, fold the wraps and serve.



MAKE IT GO FURTHER

Use any salad vegetables you have. Shredded cabbage is inexpensive and often keeps longer than lettuce.