

Visit us at 393 King William Street, Adelaide

www.mustardseedbec.org.au

Hot Chicken Wrap

(be generous)

Ingredients:

- 1 chicken breast tender (found in freezer)
- 1 wrap
- Cucumber
- Lettuce
- Tomato
- Onion
- Mayonnaise

Method:

Place chicken on small plate and defrost in microwave for 1 minute – place in toasty.

Warm wrap in microwave for 45 seconds.

Place generous amounts of each salad on middle of wrap, (approx. 1 ½ cup of salad) and squeeze mayonnaise over salad in waves.

Place chicken tender in the middle of salad, sprinkle salt and pepper lightly and fold via the following:

Bottom up first, then sides – securing with one toothpick in the middle to hold, and add parsley.

Place onto clean plate with knife, fork and serviette.

Serve with a smile! 😊

