

CHICKEN BREAST WRAPPERS

09

- GF, EF, SF, SOYF

INGREDIENTS

- 600g of Chicken breast cut into strips
- 4 tsp. season all
- 1 iceberg lettuce
- 2 tomatoes sliced
- 2 carrots grated
- 1Tbsp. peanut oil

METHOD

- 1 Lightly coat chicken strips with season all
- 2 Place oil and chicken strips into a large frying pan and cook until lightly golden.
- 3 Tear off and wash approx. 8 lettuce leaves
- 4 Lay out lettuce leaves and place tomato slices and grated carrot onto them as if you were making a wrap.
- 5 Finish buy topping with your chicken strips then roll the lettuce leaves to hold everything together.

SERVES 6

NUTRITION INFO

CALORIES

199

TOTAL FAT

6.5g

SAT. FAT

1.6g

SODIUM

158mg

TOTAL CARBS

0.5g

FIBRE

0.2g

SUGARS

0.2g

PROTIEN

31g