

TASTY CHICKEN WRAP

Ingredients

- 4 Wheat Tortillas (240g)
- 3 Breasts Roast / Cooked Chicken (400g)
- 8 Leaves Lettuce, Small Leaves (40g)
- 1 Tomato, Medium Sized (85g)
- 4 Tablespoons Reduced Calorie Mayonnaise (60g)



Method

- Cut chicken into bite size pieces, slice tomato and shred lettuce.
- Arrange all ingredients in a line in the middle of the tortilla.
- Fold tortilla as per manufacturer's instructions.

COST SAVER TIP:

Leftover chicken from a Sunday roast?
Don't throw it out – this is the recipe to use it in.

TIP FOR KIDS:

Have Fun learning
how to make wraps.

For more tips and recipes, visit EatBetterFeelBetter.co.uk