

Lunch

RECIPE CARD

Chipotle Chicken Wrap (Serves 2)

RECIPE NAME

Lunch

MEAL TIME

10 minutes

PREP TIME

25 minutes

TIME TO COOK

These are perfect for a workday lunch or a lunch on the go!

NOTES

Approx 283kcal
per wrap

CALORIES

INGREDIENTS

- ★ 2 small Chicken Breasts
- ★ 2 tbsp Chipotle Paste
- ★ ¼ Red Cabbage, *shredded*
- ★ 2 Spring Onions, *thinly sliced*
- ★ 1 Lime, *juiced*
- ★ a handful of Baby Spinach
- ★ 1 large handful of Coriander, *chopped*
- ★ 2 large Wholemeal Tortilla Wraps
- ★ 2 tbsp Soured Cream, *reduced fat*
- ★ 2 tbsp Pickled Jalapeños, *chopped*
- ★ Tabasco to serve

METHOD



Heat the oven to 200C/fan 180C/ gas 6.



Coat the chicken breasts in the chipotle paste, season and put onto a non-stick baking tray. Put into the oven for 20-25 minutes or until cooked through. Rest on the tray for 5 minutes, then slice and toss with any juices from the tray.



Meanwhile, mix the cabbage with the spring onion, season and add the lime juice. Massage with clean hands, then stir in the spinach and coriander.



Lay a large sheet of foil on a chopping board with a tortilla on top and spread over the soured cream. A third of the way up the tortilla, lay a horizontal layer of half the chicken, put half of the slaw mix on top and finish with jalapeños and a splash of Tabasco, if you like.



Fold each of the sides of the tortilla in, then use the foil to help you roll the tortilla round itself – squeezing to enclose, then seal the foil.



Repeat with the remaining tortilla and ingredients. Cut each in half to serve.