



Crunchy Rainbow Veg and Chicken Wrap

GREEN (ACT & SA) / Everyday (NSW)

Makes 10 serves

Ingredients:

Chicken Sauce

- 2 cloves crushed garlic
- 1 tbsp. crushed ginger
- 1 tbsp. sweet chilli Sauce
- 1 tbsp. barbeque sauce

Filling

- 500g baked chicken breast, chopped finely
- ½ cup green cabbage, chopped finely
- ½ cup purple cabbage, chopped finely
- 1 cup carrot, shredded
- 1 cup red capsicum, chopped into thin strips
- ¼ cup mint
- ½ cup coriander, chopped
- ½ cup tasty cheese (preferable reduced fat), shredded

Wraps

- 10 wholemeal wraps (25cm width)

Method:

1. Combine the *chicken sauce* ingredients in a large bowl with the chicken breast and rest for a minimum of 5 minutes. If longer, store in the fridge.
2. Mix the other *filling* ingredients together in a large bowl.
3. Portion the mixed salad between the 10 wraps and then portion out the chicken between them too.
4. Roll up the wrap and put in a paper bag to serve.

Tips:

- You can use the same fillings for other recipes such as sandwiches, pizza or salad.

Variations:

- Replace chicken with cooked strips of beef, egg or firm tofu.
- Experiment with other types of vegetables like, shredded beetroot, avocado, yellow capsicum or cherry tomatoes.

Recipe tested by SD August 2018

Nutrition information:

| Crunchy Rainbow Veg & Chicken Wrap | Per serve (142g) | Per 100g |
|---|-------------------------|-----------------|
| Energy (kJ) | 1100 | 772.8 |
| Protein (g) | 19 | 13.4 |
| Fat – total (g) | 8.8 | 6.2 |
| Fat – saturated (g) | 3.1 | 2.2 |
| Carbohydrates – total (g) | 25.6 | 18.0 |
| Carbohydrates – sugar (g) | 6.3 | 4.4 |
| Sodium (mg) | 436.3 | 306.6 |
| Fibre (g) | 2.7 | 1.9 |