

Tasty chicken wraps

Ingredients:

- 4 soft flour¹ tortillas
- 4 tbsp lower fat soft cheese²
- 4 tbsp low-fat natural yoghurt
- 120g boneless³ roast chicken breasts⁴ chopped⁵
- 100g sweetcorn
- ¼ cucumber
- 1 pinch⁶ black pepper
- 2 handfuls⁷ lettuce leaves

Serves: 4 adults

Preparation time: 15 mins



What to do:

1. Lay out the tortillas on a clean work surface.
2. Put the soft cheese and yoghurt in a bowl and mix together until smooth.
3. Add the chicken, sweetcorn and cucumber. Add some pepper, mix well. Spread some mix over each tortilla and top with lettuce.
4. Roll up each wrap, slice in half, then wrap it in cellophane and keep in the fridge before serving.

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- 1) How many tortillas do you need ?
- 2) Do you need sugar for this recipe ?
- 3) What do you mix together ?
- 4) Where do you keep the wraps before eating them ?
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