









# Recipe Sheet: Chicken & Veggie Wrap



Portions: 1

## Shopping List:







Photo	Item
	1 wholemeal tortilla
	1 Avocado
	3 pieces of Cooked Chicken breast
	1 sliced tomato
	Sprinkle of salt and pepper






	1 handful of spinach
	$\frac{1}{2}$ cup of 50% less fat mature cheese
	1 tablespoon low-fat Greek yogurt

## Preparation:

	Wash Hands
<p>Get equipment ready</p> 	<ul style="list-style-type: none"><li>• Baking paper</li><li>• Baking tray</li><li>• Colander</li><li>• Salad chopping board</li><li>• Salad chopping knife</li><li>• Serving plate</li><li>• Serving spatula</li><li>• Oven gloves</li></ul>

## Cooking

	<p>Pre-heat oven to 200c/400F/Gas 6/Fan 180.</p>
	<p>Put baking paper onto each of the baking trays</p>
	<p>Put one <u>wholemeal tortilla</u> on each baking tray</p>
	<p>Use the colander to wash:</p> <ul style="list-style-type: none"><li>• <u>1 Tomato</u></li><li>• <u>1 handful of spinach</u></li></ul>
	<p>Use the salad chopping board and knife to slice the tomato and avocado</p>
	<p>Spread 1 <u>tablespoon of greek yogurt</u> onto each wholemeal tortilla</p>

	<p>Put the sliced chicken into the centre of the wrap</p>
	<p>Put the vegetables into the centre of the wrap</p> <ul style="list-style-type: none"> <li>• <b>Tomato</b></li> <li>• <b>Avocado</b></li> </ul>
	<p>Put 1 <u>handful of spinach</u> onto each wholemeal tortilla</p>
	<p>Use oven gloves to put the wrap into the oven for 8 - 10 mins.</p> <p><b>Note:</b> Be careful of the hot baking tray.</p>
	<p>Serve onto the plate using the serving spatula and it's ready to eat</p>