



Recipe name:

Spicy Chicken & Avo Wrap

Recipe description:

This Spicy Chicken & Avocado Wrap is a healthy, delicious lunch idea, ready in just 20 minutes. PEPPADEW® Sweet Piquanté Peppers add a unique twist.

Prep time:

5 mins

Cook time:

15 mins

Serves:

1

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch

Occasion:

Quick & Easy / Healthy

Ingredients:

- 1 chicken breast (approx. 180 g), thinly sliced at an angle
- 1 fresh baby lettuce
- 2 finely sliced baby radishes
- Juice of 1/2 a lime
- 1/2 tsp paprika
- 1 chopped garlic clove
- 1 tsp olive oil

- 2 seeded wraps
- 1 avocado, sliced
- 8 PEPPADEW® Sweet Piquanté Peppers Mild or Hot Whole
- Coriander

Method:

1. Mix the chicken with the lime juice, paprika and garlic.
2. Heat the oil in a non-stick frying pan and fry the chicken for a couple of minutes. It will cook very quickly so keep an eye on it. Meanwhile, warm the wraps following the pack instructions or, if you have a gas hob, heat them over a flame to slightly char them. Do not let them dry out or they'll be difficult to roll.
3. Place the lettuce and chicken onto each wrap, then top with sliced avocado and sliced radish. Finally, add the Sweet Piquanté Peppers and garnish with coriander. Roll up, cut in half and enjoy.