

Chicken and Salad Wrap



Servings: 1

Difficulty: Easy

Prep Time: 10 minutes

Ingredients

- ¼ avocado, peeled and sliced
- 1 teaspoon olive oil
- Oregano/mixed herbs (optional)
- 1 teaspoon lemon juice
- 40g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- 3 slices of cucumber, chopped
- 3 cherry tomatoes, halved
- ½ small carrot grated

Method

- Mix the lemon juice, olive oil and herbs together.
- Mash the avocado and spread onto the wrap
- Add the carrot, cucumber, tomatoes and chicken.
- Fold opposite edges of the wrap and roll up.
- Cut wrap in half and add to lunchbox.

Complete your lunchbox with

- 4 cherry tomatoes
- 1 orange (in segments sprinkled with cinnamon)
- 1 slice low fat cheddar cheese (20g)
- Bottle of water

Allergens

Gluten, milk

