



CAJUN CHICKEN AVOCADO WRAP

🕒 5 minutes

🕒 10 minutes

🍴 1 portion

INGREDIENTS

- 113 grams of chicken, breast, diced
- 1 tsp cajun spice [2 g]
- 4 large slices of tomatoes, [108 g]
- 1/3 cup slices of cucumber, with peel, raw [52 g]
- 1.5 cups shredded of lettuce, cos/romaine/ iceberg, raw [71 g]
- 30 grams of yogurt, Greek, plain, lowfat or 30 grams of yoghurt, Coconut, Dairy Free
- 1/2 avocado, chopped [101 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 tortilla whole wheat [41 g] or 1 tortilla corn [24 g]

COOKING METHOD

- 1° Coat chicken in olive oil and rub with Cajun spice. Cook in a fry-pan until chicken is cooked through. Allow to rest for 5-mins.
- 2° Place all the ingredients for the salad in a large bowl and mix together using a spatula.
- 3° Warm the whole wheat tortilla in the microwave for 15 seconds, then place it on a clean surface. This will make the tortilla easy to manage.
- 4° Add the salad to the center of the tortilla, fold in the sides, and from one end of the burrito, begin to roll it closed. Use your hands to pack the salad tightly in as you roll the tortilla.
- 5° Slice it down the middle and enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (522 g)	% DRI
ENERGY	111 kcal	580 kcal	29 %
FAT	7 g	36 g	55 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	36 %
CHOLESTEROL	16 mg	84 mg	28 %
SODIUM	40 mg	209 mg	9 %
CARBOHYDRATE	7 g	35 g	12 %
SUGARS	1 g	7 g	—
FIBER	3 g	13 g	53 %
PROTEIN	7 g	34 g	—