



## SPANISH CHICKEN WRAPS



### INGREDIENTS

*For the chicken:*

- 2 teaspoons smoked paprika
- 2 dessertspoons lemon juice
- 2 chicken breasts – cut into 2cm strips
- 1 teaspoon vegetable oil

*For the salad:*

- 1 can red kidney or mixed beans
- 1 pepper - cut into 1cm chunks
- ¼ cucumber – cut into 1cm chunks
- 2 tomatoes – cut into small pieces
- 4 red onion – finely sliced
- 1 teaspoon lemon juice & red wine vinegar
- 1 teaspoon cajun spice
- ¼ teaspoon ground cumin & mixed herbs

*For the wraps:*

- 4 wholemeal **wraps**
- 4 teaspoons cream **cheese**
- 1 teaspoon sweet chili sauce
- spinach or salad leaves - washed

**SERVES:** 4

**PREP TIME:** 25 minutes

**ALLERGENS:** cereals containing gluten, milk

**COOK TIME:** 15-20 minutes

### METHOD

- 1 Mix the paprika and lemon juice together in a mixing bowl. Add the chicken and mix well. Cover and leave for at least 15 minutes to give the spices time to flavour the chicken.
- 2 Whilst the chicken is marinating, make the salad. Place the beans and prepared vegetables in a mixing bowl, then add the lemon juice, vinegar, cajun spice, cumin and mixed herbs and mix together. Season with black pepper and cover until needed.
- 3 Heat the oil in the frying pan. Once hot, carefully add the chicken\* and cook for 10-12 minutes until cooked, turning occasionally. Once cooked, leave to rest for 10 minutes.
- 4 To make the wraps, firstly mix together the cream cheese and sweet chilli sauce. Then with the back of a spoon, spread 1 teaspoon of the cream cheese mixture over each wrap. Finally add 2 dessertspoons of the salad and some chicken to the centre of the wrap.
- 5 To roll up the wraps, firstly fold over the two opposite sides to seal the edges then roll up firmly to enclose the filling. Finally cut in half to serve. Repeat this process until each wrap has been 'rolled up'.

### HYGIENE NOTE!

Always remember to wash your hands after handling raw chicken.