

Chicken wraps with vegetables

25–30 Min

Ingredients 2 Portions

= Kotányi Produkte

200 g	Chicken breast fillet, cut into thin strips
2 tbsp	Cool Chick
2 tbsp	Olive oil
1	Red pepper, cut into thin strips
1	Small courgettes, cut into thin strips
1	Small red onion, sliced into rings
4	Large tortilla wraps
2	A handful of rocket or mixed salad leaves
100 g	Yoghurt (plain)
50 g	Cream cheese
	The juice of half a lime
100 g	Cherry tomatoes, halved

Preparation

1 Marinating and frying the chicken:
Mix the chicken strips in a bowl with 1 tbsp olive oil and the Kotányi chicken spice mix.
Heat a frying pan and fry the chicken over a medium heat for 6–8 minutes until golden brown. Remove from the pan and set aside.

2 Frying the vegetables:
In the same pan, fry the peppers, courgettes and onion rings in the remaining oil for about 5 minutes, until they are soft but still have a bit of bite.

3 Prepare the wrap filling:
Mix the yoghurt, cream cheese and lime juice in a small bowl until smooth.
Spoon the mixture onto the tortilla wraps.

4 Filling the wraps:
Spread a handful of rocket or mixed salad leaves onto each wrap.
Arrange the fried chicken, vegetables and cherry tomatoes evenly on top.

5 Rolling the wraps:
Fold the sides of the wraps in slightly, then roll them up tightly.
Optional: Toast the wraps in a hot frying pan or on a contact grill for 1–2 minutes to make them slightly crispy on the outside.

6 To serve:
Cut the wraps in half and arrange them on a plate.