

# The Slug and Lettuce

## GRILLED CHICKEN WRAP

Serves 1



### INGREDIENTS

Wrap x 1  
Chicken breast x 1/2  
Mint & chilli salsa 70g  
Cos lettuce 30g  
Coleslaw 100g  
Salad mix 15g  
French dressing 5ml  
Yoghurt 20g

### PREPARATION

Cos lettuce

1. Wash and drain off any excess water.

### MINT & CHILLI SALSA



### INGREDIENTS

Cucumber 160g  
Red onion 160g  
Lime x 1  
Mint 30g  
Red chillies 10g

### PREPARATION

1. Chop the cucumber, mint and chillies into small pieces.
2. Finely dice the red onion.
3. Mix all the ingredients together and add the juice of 1 lime.

### METHOD

1. Cook the chicken breast on a hot grill pan. Ensure it is cooked through.
2. Whilst the chicken is cooking, spread the yoghurt onto a wrap, put the cos lettuce along the centre of the wrap and top with the mint and chilli salsa.
3. Put the cooked chicken on top of the salsa, tuck in the edges and roll.
4. Place onto a hot grill pan for a few seconds to put the lines onto the wrap.
5. Cut at an angle and serve with coleslaw and dressed salad.