

Cajun Breaded Chicken Wrap

ingredients

- 24 Green Gourmet Breaded Chicken Breast fillets, 85g
- 6 tblsp cajun seasoning
- 1 large Iceberg lettuce, shredded
- 10 medium tomatoes, finely diced
- 2 tblsp lemon juice
- 360g low fat mayonnaise
- 24 large flatbreads or pittas

cooking instructions

- ❖ Place the frozen breaded chicken fillets into a lightly oiled tin.
- ❖ Sprinkle over the cajun spice mix, turn the chicken and coat the other side.
- ❖ Place into a pre-heated oven (180°C/gas 5) for 20 - 30 minutes until fully cooked.
- ❖ Shred the lettuce and chop the tomatoes into a fine dice.
- ❖ Add the lemon juice to the mayonnaise and mix well.
- ❖ Lightly dampen the flatbreads to make pliable.
- ❖ Slice or shred the chicken into strips to make the wraps.

assembly

- ❖ Warm up the flatbreads in a microwave or low temperature oven.
- ❖ Spoon a line of the chicken, followed by a spoonful of tomatoes onto the flatbread.
- ❖ Top with a layer of shredded lettuce.
- ❖ Run a small spoonful of the mayonnaise on top and fold up the wrap.
- ❖ The same recipe can also be used for pitta breads.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Breaded Chicken Fillet 85g	2040	g	5.39	10.99
cajun spice	48	g	16.86	0.81
tomatoes	480	g	0.99	0.48
iceberg lettuce	480	g	1.33	0.64
tortillas	1440	g	2.17	3.12
reduced fat mayonnaise	360	g	1.15	0.41
lemon juice	32	g	1.68	0.05
Total	4880	g		16.51
Number of portions	24			
Portion weight	195	g		
Cost per portion	69	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	176.0	kcal
fat	4.9	g
saturated fatty acids	0.5	g
carbohydrates	25.8	g
NME (non-milk extrinsic) sugars	1.3	g
fibre/NSP (non-starch polysaccharides)	1.1	g
protein	9.0	g
iron	1.0	mg
calcium	50.6	mg
vitamin A (retinol equivalents)	41.3	µg
folate	14.6	µg
vitamin C	1.8	mg
sodium	266.1	mg
zinc	0.4	mg



Additional Nutritional Information

This hand-held snack provides useful amounts of Vitamin A, folate, iron, calcium and zinc.

Allergen information:

Flour tortillas contain wheat, mayonnaise contains eggs, both potential allergens. Please check labels of ingredients for other potential allergens.

Serving suggestions:

This recipe could be offered in any form of bread.

Extra salad vegetables could be added as a nutritious lunch time meal.