



Chicken Caesar wraps

Recipe by School Food Matters



Serves 4-6



30 minutes

INGREDIENTS

- 350 grams cooked shredded chicken breast
- 2 cups iceberg lettuce, chopped
- 1 medium carrot, peeled and grated
- 1 wrap per person

Dressing:

- ⅓ cup Greek yoghurt
- 20 grams grated parmesan cheese
- 2 tsp lemon juice
- 1 tbsp mayonnaise
- 2 tsp olive oil
- ½ clove garlic, minced
- ¾ tsp Dijon mustard
- Salt and pepper, to taste

DIRECTIONS

1. Place the chopped lettuce, grated carrot and shredded chicken into a large bowl and mix together gently.
2. Place yoghurt, cheese, lemon juice, mayonnaise, minced garlic and Dijon mustard into a food processor and blend - or you can use a stick blender, or whisk well. Check seasoning and adjust with salt and pepper if needed.
3. Lay wraps on a clean work surface. Spread 2 tablespoons of dressing over each wrap. Using tongs, place the filling evenly through the centre of each wrap. Fold the left and right edges of the wrap towards the centre, then tuck up the side closest to you and roll up tightly.



Afternoons

with Tracey Strong

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