



Chicken Pesto Pan Wraps

Mamma Rosa (Rose Ottavi-Kokkoris)



Serves 3



Prep: 15 minutes

Cook: 20 minutes

INGREDIENTS

- Roast chicken
- Pesto
- Wraps
- Baby spinach
- Sliced cheese
- Salad, to serve

DIRECTIONS

- Take your largest frying pan and turn onto medium heat.
- Fold the wrap in half, and fill with all ingredients, making sure there is a double layer of cheese: one on the bottom, and one on the top, so that as it melts, the ingredients are all stuck together (this is important because otherwise when you flip the wrap, they might fall out...DISASTER!)
- Cook on both sides, then cut into thirds and serve with a crunchy salad of celery, carrot, greens and cucumber, with a simple olive oil and balsamic glaze dressing.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

