

BBQ Crunch Wrap

SMH ACTIVITY HUB



Ingredients

- Chicken slices(250-300g)
- x1 Red Onion
- Small handful Corriander
- Tortilla Wraps
- Grated cheese (100g)
- BBQ Sauce (Healthy option)
- Olive oil



Equipment

- Large bowl
- Chopping Board
- Chopping Knife
- Tablespoon
- Cooking Tongs
- Skillet/Pan



STEP 1

Cut off the ends and peel x1
Red onion.



STEP 2

Cut in half and remove the root in the centre

5



STEP 3

Slice or dice half of the red onion.

Be careful handling sharp objects, ask for help if needed



STEP 4

Add your diced red onion to a large bowl



STEP 5

Wash a small handful of coriander and remove leaves from stem.



STEP 6

Chop your coriander finely

(See picture for example)



STEP 7

Add coriander to the large bowl.



STEP 8

Add your pack of chicken breast slices to the large bowl



STEP 9

Add a small handful of grated cheese to the large bowl

(Add less or more on preference)



STEP 10

Add 3-4 Tbsp of BBQ Sauce and mix until combined.

Add more if necessary or too dry.



STEP 11

Lay x1 wrap on your chopping board



STEP 12

Add 4-5 Tbsp of your BBQ mix onto the centre of the wrap.



STEP 13



1. Fold in half
2. Fold the two sides like an envelope
3. Roll tightly until its tightly packed.



STEP 14

Heat your pan on a medium/high heat



STEP 15

Place your wrap/wraps in the pan and turn over every minute with cooking tongs



STEP 16

Turn on each side until nicely toasted and brown in colour.



STEP 17

Remove from pan when toasted, allow to cool for 1minute.

And Enjoy !!

