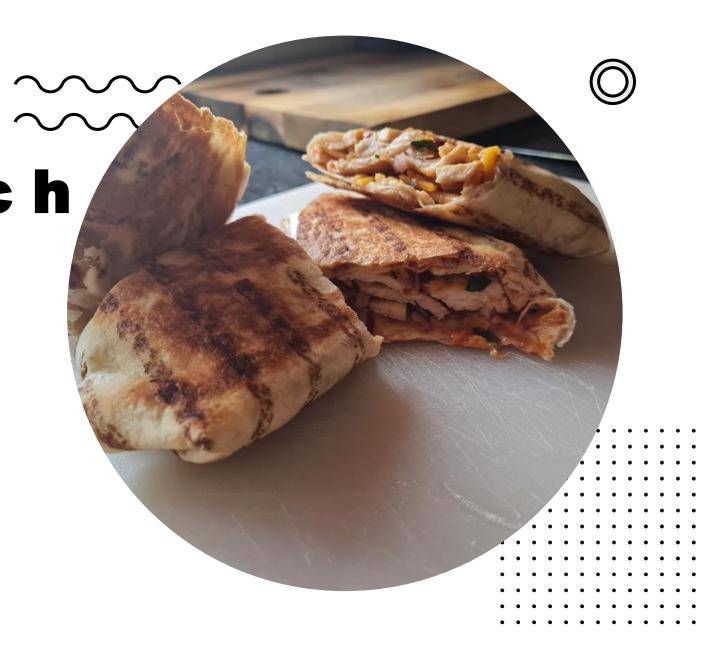
BBQ Crunch Wrap

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



Cut off the ends and peel x1 Red onion.



Cut in half and remove the root in the centre

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SMH ACTIVITY HUB

Slice or dice half of the red onion.

Be careful handling sharp objects, ask for help if needed



Add your diced red onion to a large bowl



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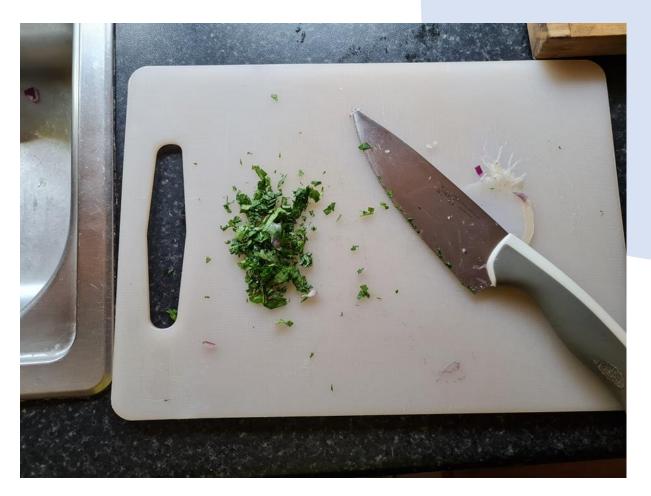
Wash a small handful of coriander and remove leaves from stem.





Chop your coriander finely

(See picture for example)



Add coriander to the large bowl.





Add your pack of chicken breast slices to the large bowl



Add a small handful of grated cheese to the large bowl

(Add less or more on preference)



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

Add more if necessary or too dry.





Lay x1 wrap on your chopping board





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



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

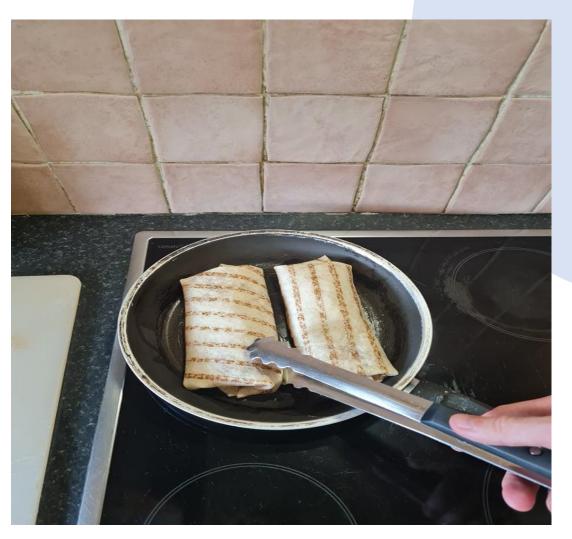
SMH ACTIVITY HUB

Heat your pan on a medium/high heat



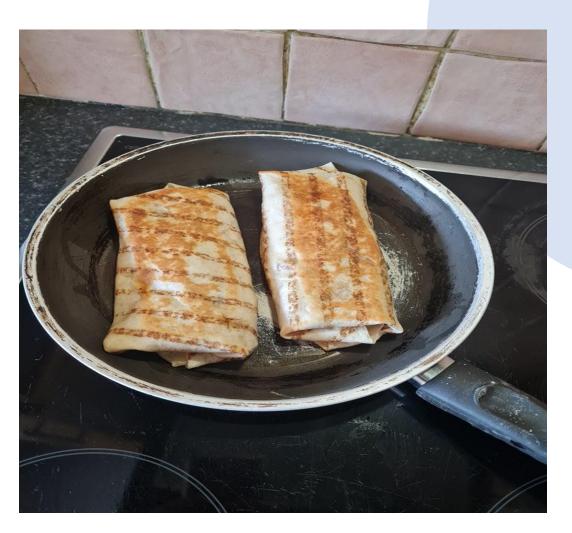
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Place your wrap/wraps in the pan and turn over every minute with cooking tongs





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



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

And Enjoy !!

