Wholemeal Chicken Wrap





STEP 1:

Gather Ingredients together.

- -Cooked Chicken
- Breast
- -Soya Sauce
- -Cider vinegar
- -Honey
- -Chilli powder
- -Garlic Clove
- -Spinach
- -Red Cheese
- -Salsa
- -Cherry Tomatoes
- Red onion
 - -Salt



Gather utensils.

Cooking Pot
Bowl
Plate
Chopping knife
Tablespoon
Teaspoon
Chopping board
Paper towel



STEP 2

Add x4 Tablespoon of Soya Sauce into the bowl.



STEP 3

Add x4 Tablespoons of Cider Vinegar to bowl.



STEP 4

Add x1 tablespoon of honey into the bowl.



STEP 5

Add x1 teaspoon of Chilli powder into the bowl



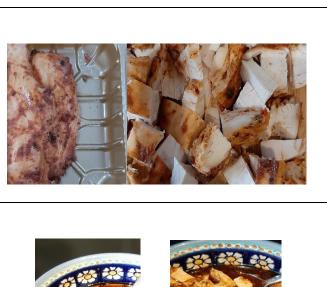
STEP 6

Add x3 tablespoon of water into the bowl



STEP 7:

Mix ingredients together in bowl with spoon



STEP 8:

Chop chicken into small pieces with knife





STEP 9:

Put chicken into bowl and mix with spoon





STEP 10:

Chop the clove of garlic with knife



STEP 11:

Chop Onion with knife





STEP 12:

Wash Tomatoes



STEP 13:

Chop Tomatoes





STEP 14

Wash Spinach.



STEP 15:

Dry Spinach with paper towel.





STEP 16:

Put x1 tablespoon of salsa sauce on to each wholemeal wrap



STEP 17:

Add spinach leaves on to wraps



STEP 18

Add Tomatoes on to wraps



STEP 19:

Put chicken into pot and turn on the hob



STEP 20:

Add garlic to the pot and leave to cook for 5/7 minutes



STEP 21:

Leave chicken to cool a little then add chicken to the wrap



STEP 22:

Add Cheese (Optional)



STEP 23:

Heat in the microwave for 1minute or toast in a sandwich maker for 1 minute

Enjoy your wholemeal chicken wrap !!

