

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 !!

