

BBQ Chicken Wrap

CAL: 386 PROTEIN: 29 CARBS: 36 FIBRE: 6 FAT: 14

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SERVES:

1



TIME:

5 minutes



INSTRUCTIONS

Start by laying your wrap on a large plate. Spread mayonnaise over the whole wrap.

Next, layer the wrap with all the vegetables, followed by chicken and lastly the cheese.

Season with salt and pepper, if you like.

INGREDIENTS

1 wholemeal (or gluten-free if required) wrap

2 tsp mayonnaise

1 handful spinach

1/2 medium carrot, grated

1/2 medium tomato, sliced

1/4 cucumber, sliced

70g barbecue chicken, diced

Salt & pepper, to taste

MACROS

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