

Chicken Wrap with Basil Pesto Yoghurt Sauce



Ingredients:

- 1 Large Whole wheat Wrap
- 50g lettuce, shredded
- 25g carrot, grated
- 80g chicken fillet, cooked
- 20ml Basil Pesto Yoghurt Sauce*
- Third spring onion, sliced
- 2 cocktail tomatoes, sliced
- 30g Feta cheese

Half teaspoon of cottage cheese

* Basil Pesto Yoghurt Sauce:

Mix together 1 Tbs of yoghurt with 1 teaspoon of basil pesto

Method:

Warm the wrap in a pan or in the microwave for 20 to 30 seconds.

Layer all of the ingredients except the cottage cheese in the middle of the wrap.

Fold in the 2 sides, a third of the way in.

Fold up the bottom flap to cover the filling.

Spread the cottage cheese on the edge of the remaining flap.

Fold and tuck! Make sure the filling stays in the middle as you fold the wrap over.

Stick the final flap to the wrap with the cottage cheese.

Cut diagonally and enjoy!