

Sweet chilli chicken wraps

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 30 (approximately 300g)

Ingredients

- 3kg skinless chicken breast
- 2 teaspoons black pepper
- 2 teaspoons dried mixed herbs
- 2 cups plain white flour
- 7 eggs
- 3 cloves garlic, minced
- 5 cups Panko breadcrumbs
- 370mL sweet chilli sauce
- 370mL reduced fat mayonnaise
- 4 large tomatoes, sliced
- 8 medium carrots, peeled and grated
- 2 large iceberg lettuce, washed and finely sliced
- 25 x 12-inch tortilla wraps

Method - chicken

1. Preheat oven to 180°C. Slice chicken breast into long pieces weighing approximately 120g each. Place on lined baking trays, sprinkle with pepper and herbs. Refrigerate for 30 minutes
2. Place flour into shallow bowl, place eggs and minced garlic into a second bowl, whisk to combine. Place the Panko crumbs into a third bowl
3. Press both sides of the chicken into flour, shake off excess. Dip into egg mixture, then place in the crumbs, pressing to coat well. Place onto lined trays, bake in preheated oven for approximately 20 minutes, turning once halfway through. Once cooked slice into approximately 8 pieces
4. Lay wraps on clean bench, spread 1 tablespoon each of sweet chilli sauce and mayonnaise in a line along the middle of each wrap. Place chicken in a line on top of sauces
5. Top chicken with 3 slices of tomato, and $\frac{3}{4}$ cup carrot and lettuce combined
6. Fold the ends of the wraps in slightly, then roll. Wrap in sandwich paper and twist the ends of the paper. Cut in half if desired.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1833kJ	596kJ
Protein	31.9g	10.3g
Total fat	7.1g	2.3g
Saturated fat	1.3g	0.4g
Carbohydrate	60.1g	19.5g
Sugars	15.8g	5.1g
Dietary fibre	6.4g	2.0g
Sodium	703mg	261mg



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