



## Speedy Lunch

# Chicken, Pepper and Avocado Wraps

## Ingredients

- 1 chicken breast (approx 180g), thinly sliced
- Juice of 1 lime
- 1/2 tsp mild chilli powder
- 1 garlic clove, finely grated
- 1 tsp olive oil
- 2 wholemeal wraps
- 1 avocado, chopped into chunks
- 1 red pepper, chopped into chunks/ large strips
- 60g cheddar cheese, grated
- A handful of coriander, chopped

## Method

1. Put the chicken in a bowl and add the lime juice, chilli powder and garlic
2. Heat the oil in a non-stick frying pan

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3. Once hot, add the chicken and fry until fully cooked- roughly 5-8 minutes- keep an eye on it to make sure it doesn't burn!
4. Warm the wholemeal wraps by following the packet instructions
5. Heat another frying pan on high heat. Once hot, add the peppers (no oil) and cook until they start to soften and char a little (just a few minutes)
6. Add half the avocado to each wrap, along with half the grated cheese
7. Once the chicken is fully cooked, carefully add half to each wrap
8. Now add the cooked red pepper and sprinkle over a little of the coriander
9. Roll each tortilla wrap (careful not to lose any filling!) and cut in half



**Double the recipe and have for lunch the next day!**

