

OVERALL time: 10 mins

ROTISSERIE CHICKEN SALAD WRAP

Our Rotisserie Chicken Salad Wrap offers a light yet satisfying meal packed with flavor and freshness. Ideal for a quick lunch or an easy dinner, this wrap combines wholesome ingredients with a deliciously creamy, crunchy bite. It's a perfect grab-and-go option that doesn't sacrifice taste or quality.

Metric

Number of servings : 2

ingredients

For the wrap

- 150 g Rotisserie chicken, shredded
- 1 Medium avocado, cubed
- 2 Small tomatoes, diced
- 50 g Feta cheese, crumbed
- 2 Spring onions, sliced
- 2 Handfuls lettuce leaves, roughly torn or chopped
- 2 Large Wraps/ flour tortillas
- Olive oil, for dressing
- Red wine vinegar, for dressing

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 0 mins

Combine rotisserie chicken, avocado, tomatoes, red pepper, feta, spring onions and lettuce in a large mixing bowl.

Dress with a little olive oil and red wine vinegar.

Season with Cape Herbs & Spice Sweet & Sticky Shaker, to taste.

Mix well.

Place half of the mixture in the middle third of one large wrap.

Fold the bottom of the wrap up over the filling.

Fold the sides in and then roll the wrap the rest of the way up.

Slice wrap in half.

Repeat with the remaining wrap and salad.

Enjoy as is or if placing in a lunchbox for later- wrap tightly in wax paper or cling film to keep the wrap nice and soft.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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