



Chicken Wrap with Coleslaw

20 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C.
- Put a pan over high heat and let it get very hot.
- Slice the chicken fillets in to strips.
- Rub them with oil and season them with salt and pepper.
- Sauté them in the pan until they turn a lovely golden colour.
- Remove from pan and let them drain on some kitchen paper.
- Spread the sumac and caraway seeds on a large plate.
- Line a sheet pan with parchment paper.
- Dredge the chicken pieces in the aromatic sumac mixture on all sides and place them on the prepared pan.
- Bake for 7 minutes.

For the coleslaw

- While the chicken is baking, thinly slice the veggies and put them in a large bowl.
- Toss them with the salt and vinegar. Squeeze them hard with your hands to let the marinade work on them.
- Strain them in a colander and reserve the juices in a bowl. Add the yogurt to the juices and stir to combine.
- Add some freshly ground pepper and the mint leaves.
- Then add the finely chopped veggies and mix.
- Slice the chicken into thin strips.
- If possible, heat up the wraps in a pan.
- Spread some coleslaw onto each wrap.
- Add the chicken over the coleslaw.
- Wrap it up and serve.

Ingredients

For the chicken

- 3 chicken, fillets
- 1/2 teaspoon(s) salt
- pepper
- 1 tablespoon(s) olive oil
- 3 tablespoon(s) sumac
- 1 teaspoon(s) fennel seeds
- 4-6 tortillas, whole wheat

For the coleslaw

- 200 g cabbage, thinly sliced
- 1/2 onion, thinly sliced
- 100 g carrots, thinly sliced
- 2 sprig(s) celery, finely chopped
- 1 apple, thinly sliced
- 1 chili pepper, small
- 1 tablespoon(s) olive oil
- 2 tablespoon(s) vinegar, white
- 1/4 teaspoon(s) salt
- pepper
- mint leaves, some
- lime zest, of 1/2 lime
- 100 g strained yogurt, full fat

Διατροφικός πίνακας

Nutrition information per portion

375 Calories (kcal)	11.0 Total Fat (g)	3.4 Saturated Fat (g)	40.0 Total Carbs (g)
19%	16%	17%	15%
8.9 Sugars (g)	27.0 Protein (g)	5.9 Fibre (g)	1.6 Sodium (g)
10%	54%	24%	27%