



CHICKEN AND AVOCADO WRAPS

Preparation: 10 mins

Cooking: 0 mins

Serves 4, costs under £5.00

This recipe counts towards your 5 a day

INGREDIENTS

- 4 Wheat Tortillas (164g)
- 2 Tablespoons Reduced Calorie Mayonnaise (30g) (level measures)
- 1 Pack Sliced Cooked Chicken (240g)
- 1 Avocado (145g) (weight without skin or stone)
- 16 Leaves Lettuce (80g)
- 1 Red Pepper (160g)
- 4 Tablespoons Ready Made Salsa (80g)

TIP

Spice up your wrap with some tasty jam, relish or piccalilli

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

METHOD

1. Cut the avocado in half lengthwise around the stone. Hold the avocado in one hand, and with the other hand twist and rotate the two halves apart. Remove the stone by slipping a spoon between the stone and the fruit and gently work the stone out of the fruit. Slice the inside of the avocado halves into sections then use your fingers to separate the avocado segments from the peel.
2. Wash and shred the lettuce.
3. Wash and de-seed the red pepper and slice into thin strips.
4. Spread the wraps with mayonnaise, and layer up the chicken, avocado, lettuce and pepper.
5. Top with the salsa.
6. Roll up (or fold up) the tortilla and serve.

NUTRITIONAL INFORMATION

Based on a
single serving
of 225g

ENERGY
328 kcals
1375 kJ

FAT
13.9g

MED

SATURATES
3.2g

LOW

SUGAR
4.7g

LOW

SALT
1.1g

MED

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

