

## Recipe for: *Chicken Caesar Salad Wrap*

### Ingredients

#### For the wrap

1 Tortilla Wrap

#### For the salad filling

$\frac{1}{4}$  cos or romaine lettuce, leaves separated  
 $\frac{1}{4}$  Cucumber for ribboning  
1 Carrot for ribboning or grating  
Sweetcorn

#### For the dressing

1 garlic clove/teaspoon garlic puree  
medium block parmesan  
for grating or shaving  
2 tbsp mayonnaise  
1 tsp white wine vinegar  
1 anchovy (optional)

### Equipment

Mixing Bowl  
Mixing Spoon  
Vegetable peeler for ribbons  
Measuring Spoons  
Fork

### Description



### Instructions

1. Grate a handful of parmesan cheese and mix with the garlic puree, mayonnaise and 1 tsp white wine vinegar. Season to taste. It should be the consistency of yogurt - if yours is thicker, stir in a few teaspoons water to thin it.
2. Cut the cos or romaine lettuce into bite size pieces and put in a bowl.
3. Next ribbon carrot and cucumber and add to the bowl.
4. Snip the spring onion and then add to the salad.
5. Cut the chicken breast into bitesize pieces and add to the bowl. Then toss everything into the Caesar dressing.
6. Put your salad and chicken in the middle of the wrap and then fold both sides in and roll.
7. Enjoy! 😊