

# Garlic Chicken Wrap



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Serves 1

This fresh and colourful recipe is the 2021 Recipe of the Year for school tuckshops, created by Currajong State School tuckshop.

It is ideal for primary and secondary students – for the tuckshop or made at home.

## Variations

For vegetarian options, replace chicken with tofu or red kidney beans. For vegan options, replace chicken and aioli with hummus.

## Ingredients

- 2 chicken tenderloins
- ½ cup lettuce
- 2 tsp carrot, grated
- 3 tomato slices
- 4 cucumber slices
- 1 ½ tsp grated cheese
- ½ tsp garlic powder
- 1 tsp garlic aioli
- 1 tortilla wraps (8 or 10 inch)

## Method

1. Set oven to 200°C.
2. Place chicken tenders on oven tray and sprinkle with garlic powder to cook for 6 to 8 minutes.
3. Place wrap on sandwich paper.
4. Spread 1 teaspoon of aioli over the wrap.
5. Place lettuce leaves over the length of the wrap with 3 slices of tomato, 4 slices of cucumber, 2 teaspoons of carrot, 1 1/2 tablespoons of grated cheese and 2 chicken tenderloins.
6. Carefully wrap up and cut in half.

You can find the recipe at:

<https://qast.org.au/recipe/garlic-chicken-wrap/> and a video of how to make the recipes is available at: <https://youtu.be/QmXnYMTwu0E>.

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.