

Spicy Chicken Wraps



Ingredients

- 1 tablespoon olive oil, plus extra to serve (optional)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 400g chicken breast fillets, cut into cubes (*see tip*)
- 8 roti bread or flour tortillas
- 1 cup (260g) hummus
- 1 cup (120g) grated Swiss Cheese, carrot and cucumber ribbons, salad leaves
- Lemon wedges, to serve

Method

1. In a shallow bowl, combine oil, coriander and cumin and season to taste. Add chicken, turning to coat, and set aside to marinate while preparing other ingredients. Thread chicken onto skewers.
2. Heat an oiled frying pan on medium-high. Cook chicken for 4 minutes each side, until browned and cooked through. Warm roti in a dry frying pan on high heat.
3. Serve ingredients separately, letting everyone assemble their own wrap by topping roti with hummus, a drizzle of oil, cheese, carrot, cucumber, salad leaves and chicken. Squeeze lemon juice to flavour.

Tip: Chicken tenderloins are also great in this recipe

Kid Friendly tip: Leave out the spices from the marinade

Recipe brought to you by Peninsula Bulk Meats