



CRISPY CHICKEN WRAPS

WITH SMASHED AVOCADO

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 35 minutes

These crispy chicken wraps were almost too simple to create a recipe for. Easily customised with whatever salad ingredients you have on hand. A delicious dinner ready in no time!



WRAPS

- ☐ 4-6 crumbed chicken schnitzels (approximately 500g - 600g)
- ☐ 1/2 fancy lettuce
- ☐ 1 large carrot
- ☐ 1/2 small red onion
- ☐ 1 large avocado
- ☐ 1/3 cup aioli (80ml)
- ☐ 2 tsp wholegrain mustard
- ☐ 4-6 large soft wraps, any flavour
- ☐ 1/2 cup finely grated parmesan (45g)

1. COOK CHICKEN SCHNITZEL

Preheat oven to 180°C (360°F) fan bake and line an oven tray with baking paper. Place schnitzel on tray and cook for 15 minutes. Flip over and cook for another 10 minutes, or until golden brown and cooked through.

2. PREPARE SALAD INGREDIENTS

While chicken cooks, wash and dry lettuce. Grate carrot and finely dice onion. Mash avocado in a bowl, then stir in onion and season with salt and pepper to taste. In a small bowl, stir aioli and mustard together.

3. ASSEMBLE WRAPS

If you prefer the wraps warm, either heat them in the microwave or briefly pan fry on medium for a minute each side. Spread aioli mixture on each wrap, then top with avocado, lettuce and carrot.

4. Slice cooked schnitzel into strips and arrange on wraps. Sprinkle parmesan over the top. Fold the end of each wrap in, then fold the sides over to enclose.

5. SERVE

Wraps are easiest eaten with your hands. For bigger appetites, check out the suggestions in the recipe notes.



WINE MATCH: A dry or off-dry Riesling.

CRISPY CHICKEN WRAPS RECIPE NOTES

GLUTEN-FREE OPTION: Choose gluten-free chicken schnitzel or swap for chicken tenderloins (gluten-free crumbed or fresh). Make sure aioli is gluten-free. Replace wraps with gluten-free wraps.

INGREDIENT SWAPS / NOTES: Any type of crumbed schnitzel could be used (chicken, beef or pork).

BULK IT UP: Serve wraps with oven fries or wedges. They should take roughly the same amount of time to cook as the chicken.

STORING AND REHEATING: Store the ingredients separately. Schnitzel is best reheated in the oven to maintain its crunchy coating. Assemble wraps just before serving.