



Recipe

Chicken and Tortilla Wraps

Ingredients

- Chicken Breast cut into strips
- 1 red pepper de-seeded, cut into strips
- 1 red onion thinly sliced
- 2 cloves garlic sliced
- Olive oil
- Choice of spice [Dried chillies, mixed herbs, Cajun spices]
- Tortilla wraps.



Step 1

Warm oil in a Wok or frying pan.

Step 2

Add the sliced chicken breasts, gently fry until golden.
Add the sliced peppers, garlic and onions until sizzling

Step 3

Stir in spiced of choice
Place onto open tortilla fold and serve.