



## Chicken Wrap



### Shopping List:

- Cooked chicken breast.**
- Soy sauce.**
- Red onion.**
- Spinach leaves.**
- Chilli powder.**
- Honey.**
- Cider vinegar.**
- Tortillas.**
- Cheese.**
- Salt.**
- Salsa.**
- Cherry Tomatoes.**
- Garlic paste.**



### Gather Utensils:

- A pan.**
- A plate.**
- A teaspoon.**
- A chopping board.**
- A tablespoon.**
- Chopping board.**
- A paper towel.**
- A small bowl.**
- A knife.**



## Chicken Wrap



Step 1.

**Add 4 tablespoons of soy sauce to the bowl.**



Step 2.

**Add 4 tablespoons of cider vinegar to the bowl.**



Step 3.

**Add 1 tablespoon of honey to the bowl.**



## Chicken Wrap



Step 4.

**Add 1 teaspoon of chilli powder to the bowl.**



Step 5.

**Add 2 tablespoons of water to the bowl.**



Step 6.

**Mix the sauce together in bowl with the spoon.**



Step 7.

**Cut the chicken breast into small pieces.**

Stay safe when using a knife.



## Chicken Wrap



Step 8.

**Put the chicken into the bowl.**



Step 9.

**Slice the onion.**

Stay safe when using a knife.



Step 10.

**Wash and cut the tomatoes.**

Stay safe when using a knife.



## Chicken Wrap



Step 12.

**Wash the spinach.**



Step 13.

**Dry the spinach with a paper towel.**



Step 14.

**Add a tablespoon of salsa to the tortilla.**



Step 15.

**Add a handful of spinach leaves to the tortilla.**



## Chicken Wrap



Step 16.

**Add tomatoes to the tortilla.**



Step 17.

**Cook your chicken in the sauce on a medium heat.**



Step 18.

**Add a teaspoon of garlic paste to the pan.**



## Chicken Wrap



Step 20:

**Add the rest of your ingredients and wrap.**



Final Step:

**(Optional) heat in microwave for 30seconds or toast on a pan.**

**Enjoy your healthy wrap!**