

Lunch: Buffalo Chicken Wrap



Servings: 1

What you need to make Buffalo Chicken Wrap

You need the following ingredients:

1 multigrain tortilla



4 slices of chicken breast



1 iceberg lettuce leaf



1 tablespoon tabasco sauce



1 tablespoon mayonnaise



How to make Buffalo Chicken Wrap



Step 1

Wash your hands.



Step 2

Place one multigrain tortilla on your plate.



Step 3

Add 1 tablespoon of mayonnaise and 1 tablespoon of tabasco to a small mixing bowl.



Step 4

Mix mayonnaise and tabasco together until the mixture changes colour.



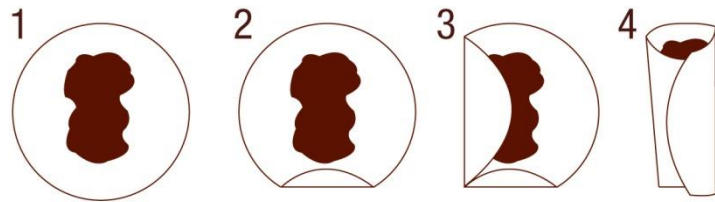
Step 5

Spread a thin layer of the 'spicy mayonnaise' (tabasco and mayonnaise) to the tortilla.



Step 6

Add the lettuce leaf and chicken breast slices to your tortilla.



Step 7

Wrap your tortilla by folding the bottom up first and then the sides.



Step 8

Eat and enjoy!