

Chicken wrap

Ingredients

1 piece of chicken

A few leave of lettuce

$\frac{1}{4}$ carrot

Cheese

$\frac{1}{4}$ red onion

Mayonnaise

$\frac{1}{4}$ cucumber

Salt and pepper

Method

1. Peel and grate the carrot
2. Slice the red onion and the cucumber
3. Slice / shred the lettuce
4. Grate the cheese
5. Cut the chicken into strips
6. Fry the chicken add seasoning and spice if you like.
7. When the chicken is cooked put it to the side
8. Assemble the wrap
9. Add condiments and fold