

Spicy chicken wrap

Ingredients

1 piece of chicken	$\frac{1}{4}$ tsp of paprika
$\frac{1}{4}$ carrot	$\frac{1}{4}$ tsp garlic powder
$\frac{1}{4}$ red onion	$\frac{1}{4}$ tsp chilli powder
$\frac{1}{4}$ cucumber	1 tbsp. of blue cheese sauce
A few leaves of lettuce	1 tbsp. of chilli sauce
Cheese	A pinch of salt and pepper

Method

1. Cut the chicken into strips and put them into a glass bowl.
2. Add the blue cheese sauce, garlic powder, chilli powder, paprika, salt and pepper, chilli sauce to the bowl and mix well.
3. Peel and grate the carrot
4. Slice the red onion and the cucumber
5. Slice / shred the lettuce
6. Grate the cheese
7. Fry the chicken.
8. When the chicken is cooked put it to the side
9. Assemble the wrap, lettuce, chicken, cheese cucumber, red onion and carrot
10. Add condiments and fold