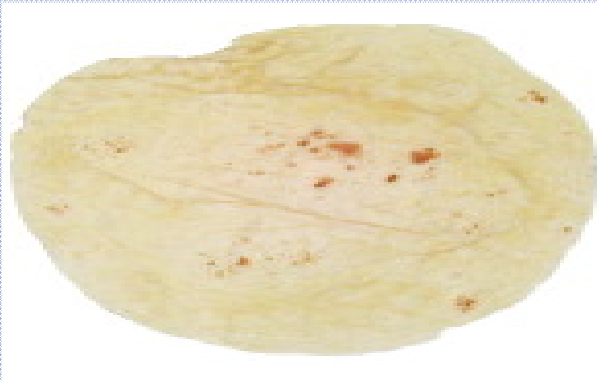


Chicken and coriander wrap

Serves 1



Ingredients

- 110g/4 oz cooked chicken or 2-3 slices of cooked lean meat, cut into pieces
- 1 teaspoon lime juice
- 1 tablespoon fromage frais/natural yoghurt
- 1 tablespoon coriander, chopped finely
- 2 spring onions, sliced finely
- ¼ red pepper, sliced finely
- 1 wrap slightly warmed
- Sprinkle of pepper

Method

1. Mix all the ingredients together and season with the pepper.
2. Spread the mixture over the wrap, roll and serve.

You may want to add lettuce leaves to the wrap. Any selection of vegetables and herbs can be used for this dish.