

HEALTHY COOKING

▶ CHICKEN SALAD WRAPS



SERVES 4

INGREDIENTS

- ▶ 450g cooked chicken breast
- ▶ 1 celery stalk, chopped
- ▶ 3 Tbs mayonnaise
- ▶ 1 tsp Dijon mustard
- ▶ 1 Tbs fresh chopped parsley
- ▶ 8 cos or Iceburg lettuce leaves
- ▶ 2 radishes, thinly sliced

Cut chicken into 1-2cm cubes. Mix celery, mayonnaise, mustard, and parsley in a bowl. Add the chicken and combine until well coated.

Divide into four portions and serve on large lettuce leaves. Garnish with radishes.

Each serving:

Protein: 23.0g | Carbohydrate: 0.8g

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