

Spicy Peanut Chicken Wraps & Hummus Wraps



Serves 2

Prep 30 mins

No Cook

Easy

Ingredients

Spicy peanut chicken wraps

1 tbsp peanut butter
1 tsp toasted sesame oil
squeeze lime juice
1 cooked chicken breast
2 wraps
1 shredded carrot
1/4 cucumber
handful shredded lettuce
handful chopped parsley

Hummus wraps

2 wraps
2tbsp hummus
1 tsp rose harissa
few cherry tomatoes, halved
handful spinach
3 tbsp crumbed feta

1. Spicy peanut chicken wraps:

Put 1 tbsp of peanut butter in a bowl and whisk in 1 tbsp of just-boiled water, 1 tsp toasted sesame oil and a squeeze of lime juice. Shred a cooked chicken breast and toss with the peanut sauce. Divide the chicken between 2 wraps, then top with 1 shredded carrot, 1/4 cucumber cut into batons, a handful of shredded lettuce and a handful of parsley. Roll up and eat

2. Hummus wraps:

Spread each of 2 wraps with 2 tbsp hummus and 1 tsp of rose harissa. To each add a few halved cherry tomatoes and a handful of spinach and 3 tbsp of crumbed feta. Roll up and eat.