



DAIRY FREE | MAKES 2 SERVES

Chicken schnitzel wrap



Preparation time
10 minutes



Cooking time
10 minutes



Equipment required
**Chopping knife,
fork, frying pan,
spatula**

We've kept it simple in this recipe with a classic schnitzel and "secret sauce" toasted in flatbread.



\$3.95 /serve
Save **\$8.05**

Ingredients

1 piece chicken breast, cut in half horizontally to make 2 thin pieces

1 egg, lightly beaten

2 tablespoons breadcrumbs

2 pieces flatbread

Lettuce leaves

1/2 avocado, sliced

Sauce

1 tablespoon mayonnaise

1/2 tablespoon tomato sauce

1 teaspoon mustard

Pantry Items

Salt and pepper

2 tablespoons plain flour

2 tablespoons olive oil

Method

- 1 Season each side of the chicken.
- 2 Sprinkle flour over a small plate, and sprinkle breadcrumbs over another plate.
- 3 Coat each chicken piece in flour, shake off excess, dip into the egg, then coat in breadcrumbs.
- 4 Heat 1 tablespoon olive oil in frying pan over medium heat.
- 5 Cook chicken for 3-4 minutes each side (add remaining olive oil when turning), until golden brown and cooked through. Remove and turn frying pan down to low.
- 6 Mix sauce ingredients together. On each piece of flatbread, add sauce, lettuce and avocado.
- 7 Slice chicken into strips and add to flatbread.
- 8 Fold flatbread over, and toast in frying pan (folded side down) for a few minutes until golden brown on each side.

Tips

Can use up any other leftover vegetables in the wrap.

Variations



GF - Use gluten free flatbread, flour and breadcrumbs.



V - Swap chicken for 200-300g firm tofu, and crumb according to recipe.



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