

Picnic Chicken Salsa Wraps



Prep 12-15 minutes

Makes 8 wraps

Serves 4-6

4 fresh flour tortillas (25cm) or wraps

2 large just-ripe avocados

salt and ground pepper to season

1 smoked chicken breast (300g), thinly sliced

1 large yellow pepper, thinly sliced

16 crisp lettuce leaves (cos or similar)

*¼ cup **Essential Cuisine Red Pepper Pesto***

Optional: thinly sliced spring onions,

thinly sliced mango or peach

*To package: 4 strips of lunch paper (45cm long),
folded in half*

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Any of the Essential Cuisine Pestos make a great flavour base for wraps. Vary this recipe by changing out the pesto flavour.

To prepare wraps: Mash $\frac{1}{2}$ an avocado onto the middle of a single tortilla, season with salt and pepper. Arrange 3 slices of smoked chicken in a strip down the middle of the tortilla. Place the yellow pepper, lettuce, optional spring onion and mango on top. Squeeze over 1 tbsp of **Essential Cuisine Red Pepper Pesto** and roll up tightly to enclose the filling in the middle.

To serve, cut the wrap in half on an angle. Secure the wrap with the lunch paper (the slanted end should be facing up) and tie with string.

