



Chicken Wraps with Urban Appetite Classic Caesar Dressing

Ingredients

- 6 Ready Prepared, Gluten free wraps
- 30ml [Wild Appetite Toasted Garlic Bread Dipper \(Olive Oil\)](#)
- 4 Chicken breasts, skinless and boneless
- 125ml [Wild Appetite Pineapple and Rum Marinade](#)
- 100g Almond Meal
- 2 Eggs, beaten
- 2 Tomatoes, sliced
- Wild Rocket
- 1 Yellow Pepper, sliced
- 1 Red onion, sliced
- Fresh Parsley
- Sea salt & freshly ground black pepper
- [Urban Appetite Classic Caesar Dressing](#) or [Urban Appetite Classic Honey Mustard Dressing](#)



Method

Trim the chicken and place in a glass dish, pour over the marinade and allow to marinate for 30 minutes in the 125ml [Wild Appetite Pineapple and Rum Marinade](#).

Drain off excess marinade and sprinkle the chicken with salt and pepper. Dip into the egg mixture and then into almond meal. Place the crumbed chicken in a single layer on the plate and refrigerate, uncovered, for at least 30 minutes.

Meanwhile, prepare the vegetables.

Heat the [Wild Appetite Toasted Garlic Bread Dipper \(Olive Oil\)](#) in a heavy-base frying pan until hot. Cook until golden brown on both sides this should take about 7 minutes, drain the chicken on kitchen paper to remove any excess oil and slice the chicken into bite size pieces.

Warm the wraps and top with the filling ingredients i.e. chicken, tomato, yellow pepper, red onion and wild rocket.

Serve with [Urban Appetite Classic Caesar Dressing](#) or [Urban Appetite Classic Honey Mustard Dressing](#).