

Curried Chicken Wrap

6 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
2. Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers

For best results, enjoy the day of.

Egg-Free

Use vegan mayonnaise instead.

Additional Toppings

Top with sprouts, additional herbs of choice, or feta cheese.

Ingredients

3 ozs Chicken Breast, Cooked (shredded or chopped)

1 1/2 tsps Mayonnaise

1/4 tsp Curry Powder

1/4 Apple (chopped)

1 Whole Wheat Tortilla

1 tbsp Parsley (optional)