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*by Liz Robb*

**Quick and tasty wraps made with succulent marinated chicken, griddled or**

# barbecued, and crisp salad, drizzled with a creamy dressing made with fresh herbs.

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## Ingredients

2 tablespoons of olive oil  
1 tablespoon of dark soy sauce  
1 tablespoon of balsamic vinegar  
Worcestershire sauce  
2 teaspoons of runny honey  
1 or 2 lemons  
2 cloves of garlic  
salt and black pepper  
400-450g chicken breast fillets  
2 tablespoons of Greek yoghurt  
3 tablespoons of light mayonnaise  
A few sprigs of fresh parsley  
A handful of fresh chives  
A few crisp lettuce leaves  
2 large vine tomatoes  
A quarter of a cucumber

## Servings

4

Person

## Preparation

- 1 In a large bowl, mix together the olive oil, soy sauce, balsamic vinegar, honey, 2 teaspoons of Worcestershire sauce and one and a half tablespoons of lemon juice. Peel, crush and stir in the garlic and season with salt and pepper..
  - 2 Slice the chicken fillets into strips and place in the marinade, stirring so that they are well coated. Cover and chill in the fridge for 4 or 5 hours.
  - 3 To make the sauce, mix together the yoghurt, mayonnaise, half a teaspoon of Worcestershire sauce and 1 teaspoon of lemon juice with finely chopped parsley and chives then season to taste. Chill whilst the chicken is cooking.
  - 4 When you are ready to eat, cook the chicken strips in a medium hot griddle pan, or on a barbecue, for about 8 or 10 minutes, or until cooked right through, turning once.
  - 5 Meanwhile, finely slice the lettuce, tomatoes and cucumber and warm the wraps.
  - 6 Arrange the salad and chicken in the wraps, drizzle with herb sauce, and roll up, sealing the ends. Slice each wrap in half diagonally and serve.
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