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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.

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.