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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.
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