



Spicy Chicken & Cheese Wraps

Serves 10

Ingredients

- 20g Tortilla wraps, made with wheat flour
- 500g Strips grilled skinned chicken breast, cooked in fajita sauce
- 150g Refried beans
- 150g Bladen Lighter Mature
- 100g Mild salsa

Method

1. Place some of each of the fillings on to the centre of each wrap.
2. Fold one side to the centre line of the wrap, then fold over the other.
3. Take each corner and pull it to the centre.
4. Then turn it over so the folds are on the bottom, cook either in a clamp grill or in the oven until crisp and golden.

NO COMPROMISE:
100% TASTE

THAN OUR
30%
LESS FAT
STANDARD CHEDDAR

