

BBQ CHICKEN WRAPPED IN TORTILLA WITH SLICED TOMATO AND COLESLAW

Serves: 4

Preparation Time: 25 mins



INGREDIENTS

3 Chicken Breasts (12 ounces/340 grams)

4 Tortilla Wraps

2 cups BBQ Sauce

For the Coleslaw:

6 cups Cabbage, shredded (1.5L/50 fl.oz)

1 pc Carrot, shredded

½ cup Mayonnaise (120ml/4 fl.oz)

1 Tablespoon Sugar (15ml/½ fl.oz)

1 Tablespoon Cider Vinegar (15ml/½ fl.oz)

1 teaspoon Dijon Mustard (5ml/¼ fl.oz)

2 teaspoons Celery Salt (10ml/½ fl.oz)

Salt and Pepper to Taste



EQUIPMENT

Oven

Baking pan with cover

Bowl

Spoon

Knife

Chopping board



METHOD

1. Preheat an oven to 325°F/160°C/Gas mark 3. While the oven is heating, place the chicken breasts in a baking pan and cover with 1 cup of BBQ sauce. Cover the baking pan with aluminium foil then place in the oven. Cook the chicken until it is fully cooked and tender, around 20 minutes.
2. Once the chicken is cooked, remove from the oven and allow to cool for 5 minutes. Next, shred the chicken meat and place in a bowl. Add the remaining BBQ sauce and mix well.
3. Make the coleslaw. Shred the cabbage and carrot. Place in a bowl along with the mayonnaise, sugar, cider vinegar, mustard and celery salt.
4. Make the wraps. Place a tortilla wrap on a cutting board then add the shredded chicken followed by the coleslaw. Wrap the sandwich then place in the refrigerator until needed.

