



Grab-N-Go Coconut Curry Chicken Wrap

Prep time: 15 Cook Time: 20 Servings: 1

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
12" Whole Grain Flour Tortilla	24864	steamed, warm	1 Each
Red Lentil Hummus			3 Oz.
Baby Arugula Leaves			.8 Oz.
Grilled Chicken Strips			5 Oz.
Coconut Curry Sauce			2.5 Oz.
Diced Red Tomatoes			1 Oz.

Instructions

1. To make the Coconut-Curry sauce: heat up the canola oil in a medium size sauté pan, add the red onion, red bell pepper and garlic and cook until pieces begin to brown, add the rest of the ingredients and simmer for 10 minutes; transfer to blender and blend until smooth. Set aside.
2. To build the Wrap: Place your wrap on a work surface and spread with red lentil hummus.
3. Place the baby arugula leaves and follow with the grilled chicken pieces
4. Finally, top with coconut curry sauce and diced red tomatoes.
5. Bring sides toward center and roll to close.
6. Cut in half to serve.



Coconut Curry Sauce

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Red Onions		medium chop	3.5 Oz.
Red Bell Peppers			4 Oz.
Garlic		cloves, crushed	1 Oz.
Canola Oil			1 Oz.
Scallions		rough chop	1 Oz.
Coconut Milk			12 Oz.
Curry Powder			.3 Oz.
Cilantro			.5 Oz.
Salt			.2 Oz.
Pepper			.05 Oz.

Instructions

1. Blend until fully combined

