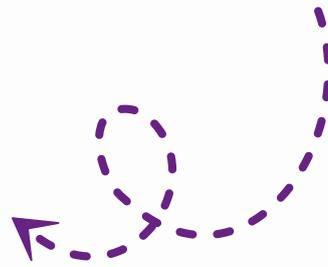


Hawaiian Chicken Wrap



Classification:

Everyday

Serves:

1

Prep. Time:

6 min

Cooking Time:

30 min

Ingredients:

- 1 flame grilled chicken patty or un-crumbed/uncoated chicken burger patty
- 1 x 10-inch tortilla wrap, wholemeal/multigrain
- 1 tbsp mayonnaise
- 1 tsp barbecue sauce
- Grated cheese, to taste
- 2 slices shaved ham
- 1 slice of tinned pineapple in juice

Equipment:

- Grater
- Oven
- Knife
- Chopping board
- Sandwich press
- Pie oven

Method:

1. Cook the flame grilled chicken patty in a 180°C oven for 20 minutes.
2. Place a small amount of mayonnaise on the tortilla, then drizzle with barbecue sauce.
3. Sprinkle cheese over the top and place 2 slices of ham over cheese.
4. Cook pineapple on a sandwich press, then cut in half and place it over the ham.
5. Remove chicken patty for the oven, slice into thin pieces and lay on top of the pineapple.
6. Fold both tortilla sides into the middle and roll over to make a rectangle shape.
7. Toast in a sandwich press until golden brown.
8. Wrap in sandwich paper and keep in a pie oven at 80°C until needed.

Tips and Variations:

- Choose reduced-fat varieties of cheese, and lean ham.
- Add salad fillings such as lettuce, tomato, or avocado.