

Pesto Chicken Wrap



Recipe Rating	
Total Time	40 Minutes
Cooking Time	None
Total Labour	40 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans

Nutrition Facts		Valeur nutritive	
Per 1 serv (119g) / par 1 serv (119g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	230		
Fat / Lipides	10g	15%	
Saturated / satures 4g			
+ Trans / trans			
Cholesterol / Cholesterol	45mg		
Sodium / Sodium	260mg	11%	
Carbohydrate / Glucides	21g	7%	
Fibre / Fibres 5g		20%	
Sugars / Sucres 2g			
Protein / Proteines	17g		
Vitamin A / Vitamine A			
Vitamin C / Vitamine C		40%	
Calcium / Calcium		10%	
Iron / Fer		10%	

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Red Pepper, Fresh, Diced	300 gm	10.6 oz	600 gm	1.3 Lbs
Chicken, Breast Strips, Cooked	1 Kg	2.2 Lbs	2 Kg	4.4 Lbs
Pesto Sauce	210 gm	7.4 oz	420 gm	14.8 oz
Feta Cheese, Crumbled	350 gm	12.4 oz	700 gm	1.6 Lbs
Iceberg Lettuce, Shredded	145 gm	5.1 oz	290 gm	10.2 oz
Tortilla, Flour	25 each	25 each	50 each	50 each

Method



1. Wash red pepper and iceberg lettuce. Remove core and dice red pepper. Shred lettuce.



2. In a large bowl, combine all ingredients except the tortilla shells and mix together gently so chicken is not broken apart.



3. On an open tortilla shell, place 80 gm of chicken salad mixture and gently roll together. Place in a ½ size- 2" deep production pan and cover with plastic wrap until just prior to service.



4. Serve Cold with a vegetable side dish or side salad.

Garnish:

Food Accompany: **Vegetable side dish or side salad**