

Other

AVOCADO AND CHICKEN WRAP WITH CHILLI MAYONNAISE



- 2 tbsp low fat mayonnaise
- ½ tsp dried chilli flakes
- 1 Summer Avocado
- 1 tbsp lemon juice
- 2 wholegrain tortilla wrap
- 1 skinless cooked chicken, sliced
- 1 small mango, peeled and sliced
- Handful baby spinach leaves

Preparation

Mix together the mayonnaise and chilli flakes.

Peel, stone and slice the avocado and toss gently in the lemon juice to avoid browning.

Spread the mayonnaise in the middle of each tortilla. Top with the avocado, chicken, mango and spinach leaves. Roll up the wraps and serve.
