

CHARGRILLED CHICKEN AND VEGETABLE WRAPS

These wraps are packed full of delicious Chicken and Vegetables!

EASY	15 MINS	15 MINS	4

Ingredients

- 4 Mission® Whole Meal Wraps
- 2 tablespoons Olive Oil
- 500g Chicken Breast Fillets
- 2 Eggplants, thinly sliced
- 1 Green Capsicum cut into stips
- 1 Red Capsicum, cut into strips
- 2 Zucchini, thinly sliced
- 2 tablespoons Balsamic Vinegar
- 1 clove Garlic, crushed
- 1/2 Lemon juiced
- Salt to taste
- Pepper to taste

Instructions

1. Pre-heat chargrill or BBQ over medium-high heat. Season chicken fillets with salt, pepper and lemon juice. Grill/BBQ chicken fillets for 5 mins on each side or until cooked through. Set aside to cool and then slice chicken.
2. Brush vegetables with oil and season with salt and pepper. Chargrill or BBQ vegetables in batches until lightly grilled and soft.
3. Combine balsamic vinegar, garlic, salt and pepper in a bowl and whisk thoroughly. Pour over chargrilled vegetables and stir through, ensuring all are coated.
4. Place some of the chargrilled vegetables in the centre of each of the wraps and top with sliced chicken. Fold each side of the wrap in and roll.