

Fresh for Kids®

# Crunchy salad & chicken wrap



## Crunchy salad & chicken wrap

Preparation: 10 minutes

Serves: 1

- ½ small ripe avocado, peeled and stone removed
- 1 tsp lemon juice
- 1 large round Lebanese flatbread
- 2-3 butter lettuce leaves
- 50g finely sliced roast chicken (from deli)
- ½ Lebanese cucumber, cut into strips (discard seedy core)
- ¼ small red capsicum, cut into thin strips

1. Place avocado and lemon juice in a bowl. Season with salt and pepper to taste. Mash with a fork until smooth.
2. Place flatbread on a board and spread with avocado. Top with lettuce leaves, chicken, cucumber and capsicum. Fold over bread to partially enclose filling. Fold in sides and roll up bread and form a tight roll. Cut in half, wrap in greaseproof or plastic wrap and pack.

For fresh fruit and vegetable recipes visit  
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