

KFC zingy wrap



Serves	Prep Time	Cooking	Total Time	Calories
4 people				446 kcal

Stuff that's in it:

- 4 Chicken Breasts (Each Sliced In Half, Lengthways)
 - 1 Tsp Sweet Paprika
 - 1 Tsp Chilli Powder
 - 1 Tsp Garlic Granuals
 - 1 Tsp Onion Granuals
 - 1 Egg
- 4 Weight Watcher Wraps
- 60G Chilli Heatwave Doritos
 - 15G Plain Flour
- 100G Eatlean Protein Cheese

What you do:

Pre heat your oven to 175c.

In a bag, add the Doritos and spices and bash with a rolling pin

Put 3 plates out, add the flour on one, a whisked egg on one and the Dorito spice mix on the other.

Dip a breast in the flour, then egg wash, then roll in the spices and repeat until all chicken is coated.

Spray a baking tray with fry light, add all the chicken pieces , spray fry light on them and bake for 25-30

minutes, making sure the chicken is cooked through and piping hot!

Add 25g eatlean cheese to a wrap, pop in The microwave for 30-50 seconds or until just melted. Add the chicken onto the wrap, fold and dry fry for a few minutes each side to crisp up and shape, stuff lettuce cucumber and tomato in and serve.

Optional, mix some ketchup and extra light mayo for a saucy accompaniment.

Nutrition

- Carbs: 38g
- Fat: 8g
- Protein: 52g

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