

KIWI CHICKEN & AVOCADO MAYO WRAPS



Makes 6-8 large wraps or 10-12 small wraps



Prep Time 15 minutes



INGREDIENTS

- 1 ripe avocado
- ½ cup **Eta Original Mayo**
- 1 cooked Rotisserie chicken
- 6 cups shredded iceberg lettuce
- 3 cups grated carrot
- ½ x 450g can **Wattie's Sliced Beetroot**, drained and cut into matchstick lengths
- 1 red onion, finely diced

METHOD

1. Mash the avocado flesh and mix into **Eta Original Mayo**.
3. Remove the chicken meat from the cooked chicken, discarding the bones and skin, and shred the meat.
4. Spread 1-2 Tbsp mayo and avocado mix over a multigrain wrap. Layer lettuce,

- 6-8 Farrah's Multigrain Wraps

chicken, grated carrot, **Wattie's Beetroot** and red onion down the centre of the wrap.

5. Fold up the bottom of the wrap and then fold one side over the filling and then fold in the other side of the wrap to enclose the filling. The mayo mix will help stick the wrap together. Repeat with remaining wraps and fillings.

TIPS

We have used the large wraps but you can use any of the wraps, the smaller sized wraps will of course make more than the large wraps