



**Product Spotlight:
Lebanese flatbreads**

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.



Buffalo Chicken Wraps

with Dill Dressing

The buffalo spice rub originates from Buffalo, New York! The flavour is sweet and smoky, with a hint of mustard and garlic. Enjoy this rub on chicken schnitzels wrapped with salad and a dill yoghurt dressing!

20 minutes

4 servings

Chicken

Make a salad bowl!

Coat flatbreads with oil and toast them. Toss salad ingredients together and top with sliced chicken. Drizzle with yoghurt sauce and crush crispy flatbreads over the top to make croutons.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	11g	90g

FROM YOUR BOX

CHICKEN SCHNITZELS	600g
BUFFALO SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
BABY COS LETTUCE	1
TOMATOES	2
AVOCADO	1
CARROT	1
CELERY STICKS	3
LEBANESE FLATBREADS	5-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried dill, 1 garlic clove

KEY UTENSILS

griddle pan or BBQ, frypan

NOTES

You can add a hot sauce like Tabasco or cayenne pepper to the chicken if you like some spice!

If you don't have dried dill, use dried mint, lemon pepper or dried thyme in the sauce.

No gluten option - Lebanese flatbreads are replaced with gluten-free wraps.



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1. COOK THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat. Coat **chicken** with **buffalo spice mix**, **oil**, **salt** and **pepper** (see notes). Cook for 4-5 minutes each side or until cooked through.



2. PREPARE THE SAUCE

Combine **yoghurt** with **1 tsp dried dill**, **1/2-1 crushed garlic clove** and **1 tbsp water** (see notes). Set aside.



3. PREPARE THE FILLINGS

Finely shred **lettuce**, dice **tomatoes** and slice **avocado**.



4. CUT THE VEGGIE STICKS

Cut **carrot** and **celery** into batons.



5. WARM THE FLATBREADS

Warm the **flatbreads** for 20-30 seconds each side on the BBQ or in a frypan.



6. FINISH AND SERVE

Slice or chop the cooked chicken. Assemble wraps at the table with fillings, sauce and chicken. Serve remaining sauce with veggie sticks for dipping.

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