

Chicken and Mayonnaise Wrap



2:1 ratio

- **Preparation time:** 25 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	32.2g	27.2 LCT	
		5g MCT	
Protein	12.4g		
Carbohydrate	4.2g		
Energy (calories)	356kcal		



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Ingredients	Quantity	Your recipe
Tortilla Wrap		
Almond flour flurry e.g. Holland and Barrett	18g	
Psyllium husk e.g. Sat-Isabgol	4g	
MCTprocal™	8g	
Garlic purée e.g. Gia	1g	
Sun-dried tomato purée e.g. Gia	1g	
Mixed herbs, dried	1 pinch	
Water, boiling	20g	
Filling		
Olive oil	5g	
Chicken breast, strips	30g	
Tomatoes, diced	10g	
Spring onions, finely chopped	2g	
Mayonnaise, full fat e.g. Hellman's	14g	

Method:

Tortilla wrap

1. Add all ingredients to a bowl except the water.
2. Mix in boiling water until a dough is formed.
3. Cover and place in fridge for 10 minutes to cool (this makes it easier to roll).
4. Using an A4 sized piece of greaseproof paper, place the ball in the centre of one half, fold the other half of the paper over the ball, flatten out and roll with a rolling pin to create a circle, approx. 12cm in diameter.
5. Heat a frying pan over a medium heat and dry fry the tortilla for 1 minute on each side.

Filling

1. Heat oil in a frying pan over a medium heat and add chicken. Cook for 5 minutes, add tomatoes and spring onion and cook for a further 5 minutes. Transfer to a bowl and leave to cool.
2. Spread the mayonnaise over the tortilla, add the filling to centre and roll tightly before serving.

**MCTprocal is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.**