

Chicken Tortilla Wraps

Ingredients

Chicken Breast cut into Strips
1 Red pepper de-seeded , cut into strips
1 Red Onion thinly sliced
2 cloves garlic sliced
Olive oil
Choice of spices (Dried chillies, mixed herbs, Cajun spices)
Tortilla wraps

Method

- Warm oil in a Wok or frying pan.
- Add the sliced chicken breasts, gently fry until golden
- Add the sliced peppers, garlic & onions until sizzling
- Stir in spices of choice
- Place onto open tortilla fold & serve



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