

Pesto Chicken Parcel

Serves: 2

Prep time: 5 minutes

Cook time: 6-8 minutes



1 serve per portion

Ingredients

160g shredded or finely chopped cooked chicken (1 cup)

1 tablespoon pesto

½ cup reduced fat cottage cheese, reduced fat

¼ cup reduced fat greek yoghurt

2 teaspoons lemon juice

½ teaspoon onion powder

½ teaspoon garlic powder

2 cups spinach, finely chopped

1 spring onion, finely diced

2 multigrain wraps

Salt and pepper to taste



Everyday Food

Method

MIX chicken, pesto, cottage cheese, yoghurt, lemon, garlic and onion powder in a medium bowl until combined.

STIR in spinach and spring onion.

PLACE half the mixture onto the centre of each wrap.

FOLD into a square parcel by tucking the four sides over the mixture to close.

COOK in an air fryer or oven for 6-8 minutes, until golden brown and crunchy or pan fry or toast in a sandwich press until lightly golden on both sides.

Recipe courtesy of the Country Kitchens team