

## 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*