



Grilled Chicken Caesar in Wholemeal Wrap

By: Amy D'Anastasi and Brooke Richardson
{Senior IV – Home Economics Students}
St. Joseph School, Sliema.

Ingredients:

- 1 wholemeal wrap
- 100 grams mushrooms
- 2 coloured peppers
- 1 large tomato
- 1 boneless skinless chicken breast
- 1/4 cup extra virgin olive oil
- Garlic
- Lettuce
- Salt and freshly ground pepper
- Soya Cream
- Zest of one lemon (about one teaspoon)
- Parmesan Cheese

Method:

1. For the chicken: Place the chicken in a shallow dish just large enough to hold it. Whisk the oil, lemon zest, lemon juice and garlic in a small bowl until combined. Pour the oil mixture over the chicken and toss to coat. Cover the dish with plastic wrap and refrigerate, at least 4 hours and up to overnight.
2. Preheat a grill pan or an outdoor grill to medium-high heat. Remove the chicken from the oil mixture and pat dry. Sprinkle with salt and pepper and grill the chicken until golden brown and cooked through, about 12 minutes per side. Transfer the chicken to a plate to cool slightly. Thinly slice the chicken against the grain and set aside.

3. For the dressing: Mix the soyacream, lemon juice, garlic and season with salt and pepper in a medium bowl.

4. Place the sliced chicken, soya cream dressing and tomato in a large bowl. Toss to coat evenly. Fill a wrap with the chicken mixture.

5. **Ingredients to make the Parmesan Croutons:**

1/2 French baguette day-old, crust removed and cut into 1/2-inch cubes

1 tablespoon grated Parmesan

Kosher salt and freshly ground black pepper

1 tablespoon extra virgin olive oil

6. Preheat the oven to 375 degrees F. Add the bread and Parmesan to a large bowl and sprinkle with salt and pepper. Drizzle with the oil and mix well. Spread the mixture onto a baking sheet and bake until light golden brown, about 15 minutes.

