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Grab-N-Go Coconut Curry Chicken Wrap

Prep Time: 15 Minutes

Cooking Time: 20 Minutes

Serves 1

Ingredients:

- 1 each 12" Whole Grain Flour Tortilla (24864) steamed, warm
- 3 oz. Red Lentil Hummus
- .8 oz. Baby Arugula Leaves
- 5 oz. Grilled Chicken Strips
- 2.5 oz. Coconut Curry Sauce
- 1 oz. Diced Red Tomatoes

Directions:

1. To make the Coconut-Curry sauce: heat up the canola oil in a medium size sauté pan, add the red onion, red bell pepper and garlic and cook until pieces begin to brown, add the rest of the ingredients and simmer for 10 minutes; transfer to blender and blend until smooth. Set aside.
2.
To build the Wrap: Place your wrap on a work surface and spread with red lentil hummus.
3. Place the baby arugula leaves and follow with the grilled chicken pieces
4. Finally, top with coconut curry sauce and diced red tomatoes.
5. Bring sides toward center and roll to close.
6. Cut in half to serve.



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Coconut Curry Sauce

Serves 1

Ingredients:

3.5 oz. Red Onions , medium chop
4 oz. Red Bell Peppers
1 oz. Garlic cloves, crushed
1 oz. Canola Oil
1 oz. Scallions , rough chop
12 oz. Coconut Milk
.3 oz. Curry Powder
.5 oz. Cilantro
.2 oz. Salt
.05 oz. Pepper

Directions:

1. Blend until fully combined