

Jerk chicken and slaw wraps

Lunch
Serves
10

Nutrition: protein, carbohydrates

Ingredients

- 500g chicken thighs
- 10 wraps
- 200ml sunflower oil
- 1 white onion
- 1 spring onion
- 1 clove garlic
- 2 tsp 5 spice
- 1 tsp allspice
- 1 tsp ground black pepper
- 1 tsp or quarter of a whole nutmeg
- 2 tsp thyme
- 2 tbsp soy sauce
- Coleslaw and/ or salad

Method

In a blender, blend the onions, garlic, spices, herbs, oil and soy sauce together to make a marinade.

Dice the chicken. Marinade the chicken for at least two hours. Roast in the oven at 180°C for around 20 minutes or until thoroughly cooked.

Serve the chicken in wraps with coleslaw and salad.

Known allergens*

Egg, gluten, soya

Substitutions

Use an egg free mayonnaise or coleslaw

Use gluten free wraps

Remove the soy sauce altogether

*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.

