

Fake Away 'Fried' Chicken Wrap

Ingredients

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- 4 chicken breasts
 - 40g flour
 - 80g oats
- 2 tsp paprika
 - 1 tsp salt
 - 1 tsp cumin
- 2 x eggs
 - Wraps
- Salad bag
- Light mayo
- 2 x potatoes
 - 1 tsp oil
- Salt to taste

Method

- 1.** Set up three separate bowls, the first with your flour. In the second whisk your egg. In your third bowl combine your oats with paprika, salt and cumin.
- 2.** For your wedges, slice up your potatoes then combine oil and paprika in a bowl. Use this mixture to coat your wedges before popping in the oven for 20 minutes or in the air fryer.
- 3.** Meanwhile, cut your chicken into strips. Take one chicken strip and coat in flour before dipping in the egg mix and finally coating with your oat spice mix. Place on a baking tray if going in the oven or in an air fryer. Do this for each strip. Bake in oven for 20 minutes or until golden, ensure chicken is cooked before serving.
- 4.** Serve warm in a wrap with salad and light mayo.

The Finer Details

Per Portion
525 Calories
35g Protein
50g Carbs
15g Fat
