

BBQ Chicken Tender Wraps

The finer details*

Nutritional values per serving:

Calories: 400-450kcal

Carbs: 70-75g

Fat: 7-10g

Protein: 20-25g

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Ingredients



- 1 chicken breast
- 100g cornflakes
- 200g BBQ sauce
- 2 tortilla wraps
- Mixed salad

Method

1. Slice the chicken breast into strips.
2. Crush cornflakes in a food bag and transfer them to a bowl.
3. Coat chicken strips in BBQ sauce.
4. Roll the chicken in the crushed cornflakes until coated.
5. Place coated chicken on a baking sheet.
6. Bake in the oven at 180°C for 15 minutes.
7. Remove from the oven, coat the chicken with remaining sauce, and bake for an additional 10 minutes.
8. Serve by placing mixed salad leaves, sliced onion, and tomato/peppers in the center of a wrap. Add chicken tenders and roll tightly. Enjoy as is or serve with chips, salad, and mayo on the side for a more substantial meal.

Tips:

Allow chicken to cool before turning over and the coating won't fall off. The same when you're applying the 2nd coating of sauce.

Any cornflakes can be used or even breadcrumbs

**This recipe was generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the accuracy of its ingredients, instructions, or nutritional information. Please use common sense when cooking this recipe.*