

Hot Chicken Mango Wrap



INGREDIENTS

- 1 Tbsp Coconut oil
- 3 cups cooked chicken chopped
- 1 mango peeled and cut into cubes
- 2 green bell peppers sliced
- 1 tsp crushed ginger
- 1 tsp crushed garlic
- 1/4 tsp turmeric powder
- 1/4 tsp salt
- 1/4 tsp ground cumin
- 2 small avocados (or 1 large)
- 1 Tbsp lime juice
- 1-2 drops Tabasco Sauce
(or any hot chilli sauce)

PROCESS

In a pot or wok, heat oil and add green bell peppers, ginger and garlic. Sauté until bell peppers are slightly soft. Add chicken, turmeric, salt and ground cumin, and mix well. Stir for 5 minutes or until chicken is heated through then add mango pieces. Cook for another 4-5 minutes.

Avocado Mash

Peel the avocados and mash it up in a bowl. Add lime juice and chilli sauce. Mix well because you will use this as a topping on hot chicken.

Take a warm wrap add some hot chicken mix, top with some avocado mash and your choice of leafy greens. Roll it up and enjoy!