



## CAJUN CHICKEN WRAPS WITH YOGURT DRESSING



By Irish Yogurts Clonakilty

Cajun Chicken Wraps with Yogurt Dressing

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Method

### For Yogurt Dressing

- Mix 3 tablespoons of [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#) in a bowl with 1 teaspoon of lemon juice, chopped parsley and season with salt and pepper

### For Cajun Chicken Wraps

- Place wraps on two plates
- Spread salad leaves, sliced peppers, sliced baby plum tomatoes, sliced radishes and sliced cucumbers on the middle of the wraps
- Place the sliced cajun chicken breast on top of the salad mix on the wraps
- Spoon the [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#) yogurt dressing on top of the filling between the two wraps
- Starting at one side and then the other side of the wrap fold in both sides and then roll up the wrap
- Slice the wraps in half and then serve

Ingredients

### For Yogurt Dressing

- 3 tbsp of [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Fat Free Natural Live Yogurt](#)
- 1 tsp of lemon juice



- 4 sprigs of parsley chopped
- Pinch of pepper and sea salt

### **For Cajun Chicken Wraps**

- 2 wraps of your choice
- 3 slices of Cajun Chicken Breast
- Salad leaves, sliced peppers, slice baby plum tomatoes, sliced radishes, and sliced cucumber