

## RAINBOW WRAPS WITH YOGURT & MINT DRESSING

Makes 6 wraps

### INGREDIENTS

#### Rainbow Wraps

6 slices	Gardenia Brown Rice and Oats Soft Grain Loaf
120 g	Chicken fillet, cut into strips and skin removed
1/2 tbsp	Plain low-fat yoghurt
1/4 tsp	Dried thyme
1 tsp	Oil
48 g	Carrot, shredded
48 g	Tomato, cut into thin strips
30 g	Yellow capsicum, cut into thin strips
48 g	Purple cabbage, shredded
12 g	Baby spinach leaves

#### Yogurt and Mint Dressing

2 Tbsp	Plain low-fat yogurt
1/2 tsp	lemon juice
1/2 clove	Garlic, finely minced
1 Tbsp	Mint leaves, finely chopped
1 tsp	Lemon zest
A pinch	Black pepper, freshly ground
A pinch	Salt

### METHOD

#### Yogurt and Mint Dressing

1. To make the yogurt and mint dressing, mix all the ingredients for the dressing in a bowl. Stir until well combined. Set aside in a chiller.

#### Rainbow Wraps

2. In a bowl, add the chicken, yoghurt and dried thyme. Rub yogurt and dried thyme over the chicken and allow to marinate for at least 15 minutes, or overnight in the chiller.
3. In a non-stick pan, heat the oil and pan-fry the marinated chicken over medium heat until chicken is cooked through and lightly browned. Remove from the heat and set aside.
4. Flatten a slice of a Gardenia Brown Rice and Oats Soft Grain Bread with a rolling pin. Repeat this step for the remaining slices of bread.
5. On a slice of flattened bread, arrange some carrot, tomato, yellow capsicum, purple cabbage, baby spinach neat. Then, top with a strip of chicken fillet.





6. Roll up the bread, or fold to make a wrap. Secure the roll or wrap with toothpicks or some kitchen string.
7. Repeat step 5 and 6 to make another 5 wraps.
8. Serve the Rainbow Chicken Wraps with chilled Yogurt and Mint Dressing for a light and refreshing snack or meal!