

Grilled chicken/tofu veggie hummus wrap

Ingredients

Serves 2

- 2 boneless chicken breasts (or 200g firm tofu for a plant-based option)
- 1 tbsp olive oil (for grilling)
- 1 tsp paprika
- 1 tsp cumin
- Salt and pepper to taste
- 4 tbsp hummus
- 1 cucumber, thinly sliced
- 1 tomato, thinly sliced
- 1 bell pepper, sliced
- Handful of spinach leaves
- 2 large wholemeal tortillas
- Lemon juice (optional for extra flavour)

Method

1. Cut up the chicken breasts or tofu and marinate in a container for 5 minutes with paprika, cumin, olive oil, salt and pepper.
2. Fry or grill the protein for 12 minutes, turning halfway.
3. Cut up your vegetables into small chunks.
4. Add 2 tbsp hummus to each of the wraps and spread evenly.
5. Assemble your wraps with spinach first, then tomatoes, pepper, cucumber and finally your protein.
6. Squeeze a teaspoon of lemon juice on top, roll the wrap and enjoy!

Beezee top tip:

Fancy a bit of extra crunch to your wrap?
Try adding some grated carrots.

