

Makes 1 wrap or 1 sandwich (4 quarters)

## Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 100g uncooked chicken breast
- 1 teaspoon Moroccan seasoning
- 2 teaspoons hummus
- 2 large slices of tomato or 3 cherry tomatoes, halved
- ½ cup mixed lettuce



## Method

1. Sprinkle Moroccan seasoning over chicken breast.
2. Grill chicken breast for 3 minutes each side, or until cooked all the way through.
3. Spread hummus over bread or wrap.
4. Add chicken, tomato and mixed lettuce.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 265g		
	Per serve	Per 100g
Kilojoules (kJ)	1318	497
Protein (g)	29.7	11.2
Total fat (g)	5.4	2.0
- Saturated fat (g)	0.9	0.3
Carbohydrates (g)	32.7	12.3
- Sugars (g)	4.2	1.6
Fibre (g)	7.5	2.8
Sodium (mg)	374	141

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.