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Crunchy Thai Chicken Salad Wraps

Author: TKWAdmin**Prep Time:** 10**Cook Time:** 10**Total Time:** 20**Category:** Wraps**Method:** No Cook**Cuisine:** Asian

Tender chicken, crunchy peanuts, slaw mixture, and spicy peanut sauce make these the perfect wrap for lunch, meal prep or dinner!



Ingredients

- 2 cups cooked chicken breast, cubed
- 1 1/2 cups coleslaw mix
- 1/4 cup carrots, julienne cut
- 2 tablespoon chopped cilantro
- 1 cup Spicy Peanut Sauce
- 1/4 cup chopped dry roasted salted peanuts
- Four 10" round soft flour tortillas (can be low carb or gluten-free)

Instructions

- 1** In a bowl, add the chicken, peanuts, coleslaw mix, carrots, and cilantro. Toss to combine. Add in about 1/4-1/3 cup of the peanut sauce and stir to combine.
- 2** At the bottom third of a tortilla, add 1/4-1/3 cup of the mixture. Roll the bottom of the tortilla up and over the filling. Fold in the sides and roll up to close the wrap.
- 3** Place the wrap seam side down. And repeat by making the rest of the wraps.
- 4** At this point, you can serve or wrap each one tightly in plastic wrap for your meal prep. Serve with additional spicy peanut sauce for dipping.

Serves 4

Calories Per Serving: 558

				% DAILY VALUE
Total Fat 27.6g	35%	Cholesterol 99.3mg	33%	Sodium 555.7mg 24%
				Total Carbohydrate 30.4g 11%
Sugars 5.5g		Protein 41.7g	83%	Vitamin A 108µg 12%
				Vitamin C 14.8mg 16%

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