



Healthy with **KiDSTART** presents



# What's FOR LUNCH?

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Learn how to make

## Healthy Chicken Wraps



Recipe by  
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**Worried about having your child in the kitchen? Don't be!**

- Tip 1** Little ones can help out too! Start including them from when they are as young as eighteen months old to assist with pouring, stirring and measuring ingredients. This will help them build confidence in the kitchen and support their brain development.
- Tip 2** Let fun be the goal of food prep with your child! Cooking with young children can be challenging. But don't give up and be patient. The experience does not have to be perfect! Thank your child for helping out in the kitchen and let them know you appreciate the time spent together making new memories as a family.

Serves 4 to 6

## Ingredients\*

- 2 medium chicken breasts or chicken thighs, with skin and visible fat removed
- 1 teaspoon oregano powder or flakes
- 4 plain whole wheat tortillas
- 1 cup lettuce, shredded
- ½ cucumber, thinly sliced
- 1 large tomato, diced

- 1 small carrot, julienned or grated
- 1 avocado (optional)
- 2 tablespoons plain yogurt
- A squeeze of lemon juice
- Salt and pepper to taste
- 2 tablespoons vegetable cooking oil

\*Choose products with the Healthier Choice Symbol.

## Method

**1. Cook the Chicken:** Heat a non-stick pan over medium heat. Season the chicken breasts (or thighs) with oregano, salt and pepper and cook for 5-7 minutes on each side until they are fully cooked through. Squeeze in the lemon juice and mix well. Once cooked, slice the chicken into thin strips.

- Kids can help by seasoning the chicken with the oregano, salt, and pepper. The older kids can help to slice the cooked chicken into thin strips with a safe knife under supervision, while the younger ones can help to shred the cooked chicken with their hands/the help of 2 forks.

**2. Assemble the Wrap:** Lay the tortillas flat on a clean surface. Spread a small amount of yogurt in the centre of each tortilla.

- Kids can lay the tortillas flat on a clean surface and spread about ½ tablespoon of yogurt on each tortilla. This is a fun and easy task for them to do.

**3. Add the Filling:** Layer the chicken strips, shredded lettuce, cucumber, tomato, carrot and avocado in the middle of each tortilla.

- Let the kids help layer the fillings like chicken strips, lettuce, cucumber, tomato, carrot, and avocado. They can practice their fine motor skills by placing each ingredient in the centre of the tortilla.

**4. Wrap It Up:** Fold in the sides of the tortilla and then roll it tightly from the bottom to enclose the filling.

- Let the kids fold in the sides of the tortilla and roll it tightly from the bottom. This is a great opportunity for them to practice following instructions and learn how to wrap food.

**5. Serve:** Slice the wraps in half and serve.

- Kids can help by slicing the wraps in half and placing them on plates to serve.

## Notes:

- Options: Chicken can be replaced with canned tuna or boiled eggs as protein alternatives.

