

Low Carb Chicken Wraps

Calories: 0 kcal

Servings: 1

Time: 35 Mins

Ingredients

Instructions

1. Preheat oven to 200°C (390°F).
2. In a bowl, marinate the chicken in olive oil, garlic powder, salt and pepper.
3. Place chicken on a lined baking tray and roast for 25-30 minutes, until cooked through.
4. Remove from the oven and set aside to cool for 15 minutes.
5. Dice the chicken into 1cm cubes.
6. Add chopped celery, parsley, mayonnaise and chicken in a bowl and season with salt and pepper to combine.
7. Spoon chicken salad mix evenly into the 4 cos lettuce leaves.