



Honey Mustard Crispy Chicken Wrap

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

6

Description

Use crushed crisp rice cereal squares instead of panko crumbs with glutenfree wraps for a glutenfree version

Ingredients

- - 1 pound boneless skinless chicken breasts - 1 egg - 1 cup panko crumbs - ½ teaspoon Spice Islands® Fine Grind Sea Salt - ¼ teaspoon Spice Islands® Fine Grind Black Pepper - ½ teaspoon Spice Islands® Garlic Powder - ½ teaspoon Spice Islands® Onion Powder - ¼ cup Mazola® Corn Oil - 8 slices bacon
- cooked and crumbled - 2 cups shredded lettuce - 1 cup red grapes
- halved - ½ cup shredded Cheddar cheese - 3 green onions
- thinly sliced - ? cup sliced almonds - 6 (10 inch) sun-dried tomato tortillas - ½ cup mayonnaise - 2 tablespoons yellow mustard - 1 tablespoon Dijon mustard - 2 tablespoons honey - ½ tablespoon lemon juice

Instructions

1. Pound chicken breasts
2. one at a time in a resealable freezer bag
3. until about 1/2-inch thick. Lightly beat egg in a shallow bowl. Combine panko crumbs
4. salt
5. pepper
6. garlic powder and onion powder in a separate shallow bowl. Dip chicken breasts in egg until coated
7. drip off excess
8. and dip in panko mixture. Press chicken into crumbs until fully coated. Heat oil in a large skillet on medium high heat. Transfer chicken to pan and cook about 2 to 3 minutes per side or until chicken is brown
9. crispy and fully cooked. Transfer to a plate and cut into strips. Honey Mustard: Combine mayonnaise
10. yellow mustard
11. Dijon mustard
12. honey and lemon juice in a small bowl. Combine desired amount of chicken
13. honey mustard
14. bacon
15. lettuce
16. grapes
17. shredded cheddar cheese
18. green onions and sliced almonds in tortillas. Wrap up and serve.