

## Chicken Lettuce Wrap with a Coriander Yoghurt Dressing

Photography by [Darren Bester](#)

I love chicken wraps, not only are they super tasty but they healthy too! Its always so well received by my family that I almost feel a little guilty because it took just minutes to throw together.

Just when you thought it couldn't get any healthier, we throwing out the wheat and wrapping it up in a lettuce leaf instead ...

Yield: 1

Ingredients:

1x 80grm chicken frikkadel ([recipe here](#))

1 large crisp lettuce leaf

few slices chopped tomato

few slices cucumber

few slices carrot

For the Coriander Yoghurt Dressing:

Yield: 250ml (will be suitable for a few wraps)

1 cup coriander, roughly chopped

1 cup fat free greek yoghurt

3 spring onions, chopped

good squeeze of lemon juice

Method:

For the dressing - put all ingredients together and blend. Adjust lemon juice seasoning to taste.

To assemble wrap: Cut frikkadel in half and place inside the middle of the lettuce leaf, drizzle over a little yoghurt dressing, sprinkle with tomatoes, cucumber and carrot, drizzle over a little more

dressing and fold lettuce leaf over to close your wrap. Cut in half and enjoy!

