



ONE-PAN HAIL CHICKEN CAESAR WRAPS

with Parmesan & Tomato

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Lemon



1 | 2
Baby Lettuce



1 | 2
Tomato



10 oz | 20 oz
Chicken Breast Strips



1 TBSP | 2 TBSP
Italian Seasoning



1½ oz | 3 oz
Caesar Dressing
Contains: Eggs, Fish, Milk



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



2 | 4
Flour Tortillas
Contains: Soy, Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HELLO

CHICKEN CAESAR WRAP

A great portable dinner—take it outside with you (+ napkins!) and enjoy alfresco!



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 760



WRAP SESH

The keys to rolling a perfect wrap? First, warm your tortillas to make them more pliable. Second, don't overstuff! Add just enough filling to easily fold and roll.

BUST OUT

- Paper towels
- Whisk
- Large pan
- Large bowl
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TSP | 1 TSP)
- Olive oil (1 TBSP | 2 TBSP)

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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Wash and dry produce.
- Quarter **lemon**. Chop **lettuce** into bite-size pieces. Thinly slice **tomato** into rounds; season with **salt** and **pepper**.



4 WARM TORTILLAS

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.



2 COOK CHICKEN

- Pat **chicken*** dry with paper towels and season all over with **half the Italian Seasoning (you'll use more in next step)**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



5 ASSEMBLE WRAPS

- Place **tortillas** on a clean work surface. Spread **remaining creamy Caesar dressing** across bottom third of each tortilla. Top with **chicken, tomato, half the Parmesan**, and as much **salad** as you like (**be sure to reserve some salad for serving!**).
- Fold up bottom side of each tortilla over filling, then fold over left and right sides toward filling. Roll up tortillas, starting with filled sides, to form **wraps**.



3 TOSS SALAD

- Meanwhile, in a small bowl, whisk together **Caesar dressing, mayonnaise, 1 TBSP olive oil, ½ tsp Italian Seasoning, a squeeze of lemon juice**, and a **pinch of salt and pepper (2 TBSP olive oil, 1 tsp Italian Seasoning, and a big squeeze of lemon juice for 4 servings)**.
- In a large bowl, combine **lettuce** and **half the creamy Caesar dressing**; toss to coat. Taste and season with **salt** and **pepper** if needed.



6 FINISH & SERVE

- Halve **wraps** on a diagonal; divide wraps and **remaining salad** between plates. Garnish salad with **remaining Parmesan** and serve.