

Fresh for Kids®

# Avocado & chicken tortilla wraps



## Avocado & chicken tortilla wraps

Preparation: 10 minutes

Serves: 2

½ ripe avocado, peeled and stone removed  
1 tsp lemon juice  
Salt and ground black pepper  
2 tortillas  
100g finely sliced roast chicken  
4 slices tomato  
2 Iceberg lettuce leaves

1. Place avocado, lemon juice and salt and pepper in a bowl. Mash with a fork until smooth.
2. Place tortillas on a board. Spread each with avocado mixture. Top with chicken, tomato and lettuce. Roll up tortillas to enclose the filling. Cut each in half and wrap in plastic wrap or greaseproof paper.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au).

**SYDNEY MARKETS®**

**SYDNEY MARKETS®**

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited.

