



Chicory Chicken Tortilla

A chicory wrap with Alpro Soya Cuisine

Preparation

1. First, soak the saffron threads in 2 tablespoons of lukewarm Alpro Soya Cuisine for about 5 minutes. Take out the soaked saffron threads and mix with the remaining Alpro Soya Cuisine Light. For the dressing, take 4 tablespoons of the mixture and blend with 4 tablespoons of mayonnaise.
2. Cut the chicken breasts into long strips, season with freshly ground pepper and salt and marinate for 1 hour in the remaining saffron sauce.
3. Meanwhile, blanch the green beans, cut the chicory and lettuce into long strips and cut the red onion into rings. Take the chicken out of the saffron sauce and let the slices drain before you fry them until golden brown in margarine.
4. Warm up the tortilla's in the microwave for about 10 seconds per wrap. Then, spread each tortilla with 1 tablespoon of the dressing, chicken strips, green beans, endive, lettuce and onion rings. Roll them up and serve with the dressing.


4 portions


30min

Ingredients

- 400g of skinless chicken fillets
- 4 tortillas
- 5 saffron threads
- 250 ml of Alpro Soya Cuisine
- 300g green beans
- 100g (2 stumps) of chicory
- 1/4 lettuce
- 1 red onion
- 1 tablespoon margarine
- pinch of freshly ground pepper
- pinch of salt
- Dressing:
 - 4 tablespoons of light mayonnaise or vegan mayonnaise
 - 4 tablespoons of saffron sauce

Made with

Soya Cuisine Single UHT

