

45. Kaisers Mahlzeit

Basic ingredients

1/2 wrap

3 tbsp oil

Nutritional
Information (per
serving): approx.
680 Kcal

Variables

Fresh

30 g chicken breast
fillet
1/4 lettuce
1/2 lemon

Spice

salt and pepper

Optional

10 g Parmesan



1.

Cut the chicken breast fillet into thin strips and fry in a pan with 1 tablespoon of oil until golden brown. Tear the wrap into small pieces and fry in the chicken frying pan with the 2 remaining tablespoons of oil until golden brown.

3.

Put everything together in a bowl. Add chicken and fried wrap croutons.

2.

Wash lettuce and cut into pieces. Mix the oil and the juice of half a lemon, season with salt and pepper. Marinate salad with dressing.

4.

Optionally sprinkle with grated parmesan.