

# Lightning Fast Chicken Avocado Wraps

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October 30, 2017 by [jenny](#)

## HEALTHY RECIPES

**Persons** 2

### **Ingredients**

1/2 lb cooked chicken, roughly shredded or cut into pieces

1 ripe avocado, de-stoned and peeled

½ finely chopped chilli

1 tbsp fresh cilantro, finely chopped (optional)

Handful of cherry tomatoes, cut in half

2 handfuls baby spinach

A few chunks of cucumber

1 scallion, chopped

A few good squeezes of lime juice

2 multi-grain tortillas

Seasoning

### **Instructions**

1. Mash the avocado and add the chilli, lime juice and cilantro (if using). Combine to make a chunky guacamole paste
2. Spread the guac around each tortilla - you want it to encase the filling once it's wrapped
3. Add a handful of fresh baby spinach to each wrap, then add the chicken□
4. Top with cucumber, tomatoes, scallion, then lightly season□
5. Wrap it up burrito style and enjoy!