

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Thai Chicken Wrap with Root Veggies

Serves: 4

Ingredients:

1 4-ounce chicken thigh
Salt and pepper to taste
1 Tablespoon Avocado Oil
¼ Daikon radish cut in half lengthwise
¼ carrot cut in half, lengthwise
1/8 cabbage head, cut in wedge shape
¼ cup shelled edamame
¼ cup Thai peanut sauce
Pinch of spinach
Pinch of chow mein noodles
Pinch of cilantro
1 herb-flavored wrap (burrito shells also work)

Directions:

1. Season chicken thigh with salt and pepper and grill until it reaches an internal temperature of 165 degrees F.
2. Brush avocado oil and season daikon, carrots and cabbage generously. Grill until markings are easily defined, flip and grill the other side.
3. Dice all grilled ingredients and place them into a bowl.
4. Add edamame, peanut sauce, spinach, Chow Mein and cilantro, mix thoroughly so sauce covers mixture evenly.
5. Add mixture into the center of the wrap and wrap the ingredients tightly.
6. Enjoy!