

Sesame Chicken Wraps – Makes ~8 wraps



Ingredients

- 4-5 Large chicken breasts, cut into bit sized pieces
- 2 Eggs, stirred well in a small bowl
- 1 cup Flour
- 1 tsp. Chinese five spice powder
- 1 tsp. Crushed red pepper flakes
- 2 tbsp. Olive Oil
- 1 small-medium Yellow onion, cut into strips
- 1 Bell pepper, cut into skinny strips
- 2 tbsp. Teriyaki sauce
- 2 tbsp. Honey
- ¼ cup Sesame seeds
- Whole grain tortilla wraps
- 1 package of Broccoli slaw

Directions

1. In a large zip lock bag combine the flour, Chinese 5 spice powder and crushed red pepper flakes.
2. Preheat pan with olive oil on medium heat
3. Add the chicken to the egg bowl and then into the flour mixture until fully coated. Set aside.
4. Add all the chicken to pan.
5. When the chicken is almost done, add the onion and pepper strips.
6. When the onion becomes slightly translucent and the peppers become a tender crisp texture, add the teriyaki sauce, honey and sesame seeds to coat.
7. Remove from pan.
8. Add a small handful of the broccoli slaw down the middle left to right of the tortilla wrap.
9. Add the chicken and veggie mixture and wrap it up! Start by first folding in the ends closest to the food, then start rolling it from the bottom up.
10. Enjoy 😊