

Buffalo Chicken Wraps: Easy & Spicy Weeknight Meal

Craving the bold, zesty flavor of buffalo chicken in a quick, convenient package? These



TIME

8-10 min

METHOD

Air fryer

PRINT

Recipe Card

SAVE

PDF

INGREDIENTS

- 1 lb (450g) chicken breasts
- 1/2 cup buffalo sauce, plus extra for serving
- 4 large tortillas (flour recommended)
- 1 cup shredded lettuce
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1/4 cup blue cheese crumbles (optional)
- Ranch or blue cheese dressing, for serving
- Salt and pepper to taste (for seasoning chicken)

Swaps and Notes:

Chicken Breasts: Boneless, skinless chicken thighs can be used for a juicier result. You can also use pre-cooked shredded chicken (like rotisserie chicken) for an even quicker prep!

Buffalo Sauce: Choose your favorite brand and heat level. Frank's RedHot Buffalo Wing Sauce is a classic choice. Adjust the amount to your desired spiciness.

Tortillas: Large (10-inch) flour tortillas are best for rolling substantial wraps. Whole wheat tortillas are a healthier alternative.

Lettuce: Iceberg or romaine lettuce work great for their crispness. Baby spinach or mixed greens can also be used.

Celery & Carrots: These add essential crunch and freshness that balances the heat. Finely dicing them helps them integrate well into the wrap.

Blue Cheese Crumbles: Optional, but highly recommended for that classic buffalo flavor pairing. If you're not a fan, omit or add a sprinkle of cheddar cheese.

Dipping Sauce: Ranch dressing offers a cooling, herby flavor, while blue cheese dressing intensifies the tangy notes.

DIRECTIONS

1. Let's get these fresh, spicy : Buffalo Chicken Wraps assembled in no time!
2. Prep the : Chicken: Slice the chicken breasts into thin strips (about 1/2-inch thick). This helps them cook faster and more evenly. Season the chicken strips lightly with salt and black pepper.
3. Cook the : Chicken: Heat a large skillet over medium heat. Add the seasoned chicken strips to the hot skillet and cook for about 8-10 minutes, stirring occasionally, until the chicken is no longer pink inside and fully cooked through. Once cooked, remove the skillet from the heat. Pour the 1/2 cup of buffalo sauce over the cooked chicken and toss gently to coat evenly. Ensure all chicken pieces are well covered in the sauce.
4. Assemble the : Wraps: Warm the large flour tortillas according to package instructions. You can microwave them for 10-15 seconds each, or warm them in a dry skillet for 15-30 seconds per side until pliable. Lay out each warm tortilla on a clean surface. Distribute the buffalo chicken mixture evenly among the four tortillas, placing it in the center or slightly off-center towards one edge. Top the chicken with shredded lettuce, diced celery, diced carrots, and the blue cheese crumbles (if using).
5. Roll the : Wraps: To roll, fold in the sides of each tortilla over the filling, then fold the bottom edge up and over the filling. Roll tightly from the bottom upwards, creating a secure wrap. If desired, you can cut each wrap in half diagonally for easier serving.
6. Serve: Serve the Buffalo Chicken Wraps immediately. Offer extra buffalo sauce on the side for those who

want more heat, and a generous side of ranch or blue cheese dressing for dipping.

SWAPS & NOTES

Chicken Breasts: Boneless, skinless chicken thighs can be used for a juicier result.

You can also use pre-cooked shredded chicken (like rotisserie chicken) for an even quicker prep!

Buffalo Sauce: Choose your favorite brand and heat level.

Frank's RedHot Buffalo Wing Sauce is a classic choice.

TIPS FOR SUCCESS

Thin Chicken Strips: Slicing the chicken thinly ensures it cooks quickly and evenly, preventing dry spots.

Warm Tortillas: Don't skip warming the tortillas!

It makes them much more pliable and prevents cracking when rolling.

Don't Overfill: While tempting, overfilling can make wraps hard to roll and prone to bursting.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/buffalo-chicken-wraps-easy-spicy-weeknight-meal/>