

Easy Crispy Chicken Wrap with Homemade Wedges & Fresh Salad

Crispy Chicken Wrap with Wedges & Fresh Salad: Wrap Up Your Day with Flavor!



OVEN
400°F

TIME
25-30 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

- 2 large tortillas (flour or whole wheat)
- 2 chicken breasts, cut into strips
- $\frac{1}{2}$ cup breadcrumbs (panko recommended for extra crispiness)
- 1 egg, beaten
- 1 teaspoon paprika
- 1 cup shredded cheddar cheese
- 1 cup lettuce, shredded
- 2 tablespoons ranch dressing
- 2 large potatoes, cut into wedges (e.g., Russet or Yukon Gold)
- 1 tomato, diced
- $\frac{1}{2}$ cucumber, diced
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS

- Let's get this delicious Crispy Chicken Wrap with Wedges & Fresh Salad on your plate!
- Prep the : Wedges:** Preheat your oven to 400°F (200°C). On a large baking sheet, toss the potato wedges with 1 tablespoon of olive oil, a good pinch of salt, and pepper to taste. Spread them in a single layer, ensuring they are not overcrowded. Bake for 25-30 minutes, flipping them halfway through, until they are golden brown and wonderfully crispy.
- Cook the : Chicken:** While the wedges are baking, prepare the chicken. Season the chicken strips with salt, pepper, and paprika. In a shallow dish, whisk the egg. In another shallow dish, place the breadcrumbs. Dip each seasoned chicken strip into the beaten egg, allowing excess to drip off, then transfer to the breadcrumbs, pressing gently to ensure a thorough coating.
- Fry : Chicken:** Heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Carefully place the breaded chicken strips into the hot skillet. Fry for about 3 minutes per side, or until they are golden brown, crispy, and cooked through (internal temperature should reach 165°F/74°C). You may need to do this in batches to avoid overcrowding the pan. Transfer cooked chicken to a paper towel-lined plate to drain.
- Assemble the : Wrap:** Briefly warm your tortillas (either in a dry skillet for 15-20 seconds per side, or in the microwave for 10-15 seconds) to make them pliable. Lay a warm tortilla flat. Layer with a generous handful of shredded lettuce, then place some of the crispy chicken strips down the center. Sprinkle

with shredded cheddar cheese, and drizzle with ranch dressing. Roll the tortilla tightly, tucking in the ends as you go, then slice it in half diagonally.

6. **Make the : Salad:** In a small bowl, combine the diced tomato and diced cucumber. Season with a pinch of salt and a drizzle of olive oil. Toss gently to combine.
7. **Plate & : Enjoy:** Arrange the sliced wrap, crispy wedges, and vibrant salad on a plate. Dig into this delicious, balanced, and incredibly satisfying meal!

SWAPS & NOTES

Chicken: Boneless, skinless chicken thighs can be used instead of breasts for a juicier texture.

You can also bake or air fry the chicken strips instead of frying for a lighter option.

Breadcrumbs: Panko breadcrumbs provide the best crunch for the chicken.

Regular breadcrumbs work but won't be as crispy.

TIPS FOR SUCCESS

Crispy Wedges: Don't overcrowd your baking sheet when cooking the wedges; space is key for crispiness.

Dry Chicken for Breading: Ensure your chicken strips are patted dry before seasoning and breading.

This helps the egg and breadcrumbs adhere better.

Don't Overcook Chicken: Chicken strips cook quickly.

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

Original recipe: <https://chefmaniac.com/easy-crispy-chicken-wrap-with-homemade-wedges-fresh-salad/>