

## The Ultimate Greek Chicken Wraps with Creamy Tahini Sauce

Greek Chicken Wraps with Tahini Sauce: A Mediterranean Masterpiece



**TIME**  
**8 min**

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### INGREDIENTS

For the Spiced Chicken:

Chicken Breasts: 2 boneless, skinless breasts, sliced into thin strips for quick cooking.

Olive Oil: 2 tbsp of high-quality extra virgin olive oil.

Garlic: 2 cloves, minced.

Herbs & Spices: 1 tsp dried oregano, 1/2 tsp paprika, salt, and black pepper.

Lemon Juice: Juice of 1/2 a lemon to tenderize the meat.

For the Creamy Tahini Sauce:

Tahini: 1/4 cup of sesame seed paste.

Lemon Juice: Juice of 1 whole lemon.

Garlic: 1 clove, turned into a fine paste.

Water: 2-3 tbsp to achieve that perfect "drizzle" consistency.

Salt: To taste.

For the Wraps & Assembly:

Tortillas/Pita: 4 whole wheat tortillas or large fluffy pitas.

Cherry Tomatoes: 1/2 cup, halved.

Cucumber: 1 small, diced (English or Persian cucumbers work best for crunch).

Red Onion: 1/4 onion, thinly sliced.

Feta Cheese: 1/4 cup, crumbled.

Fresh Parsley: Chopped for a burst of color and freshness.

#### Swaps and Notes:

**The Protein:** Not a fan of chicken? This spice blend works beautifully on shrimp or chickpeas for a vegetarian version. If you prefer a cold option, you could even use the base of my light tangy chicken salad and top it with this tahini sauce.

**The Wrap:** If you are cutting carbs, serve the chicken and veggies over a bed of romaine lettuce or quinoa instead of a tortilla.

**Tahini Tip:** Different brands of tahini have different thicknesses. If yours is very thick, add water one teaspoon at a time until it is smooth and pourable.

#### Step-by-Step Directions:

**Marinate and Sear:** In a medium bowl, toss your chicken strips with olive oil, minced garlic, oregano, paprika, lemon juice, salt, and pepper. Heat a skillet over medium-high heat. Add the chicken and cook for 6-8 minutes, tossing occasionally, until the edges are golden-brown and the chicken is cooked through.

**Whisk the Sauce:** While the chicken cooks, prepare the tahini sauce. In a small bowl, whisk together the tahini, lemon juice, garlic paste, and salt. It may "seize" and become thick at first-don't panic! Slowly whisk in the water until it transforms into a creamy, pale sauce.

**Prep the Bases:** Briefly warm your tortillas or pita bread in a dry skillet or microwave for 10 seconds to make them pliable.

**Assemble:** Spread a generous spoonful of tahini sauce over the center of each wrap. Layer on the warm chicken, followed by the tomatoes, cucumbers, red onions, and a sprinkle of feta cheese.

**Finish and Serve:** Drizzle with extra tahini sauce, garnish with fresh parsley, and tuck in the sides to wrap it tightly.

#### Tips for Success:

**Don't Overcook:** Chicken breast dries out quickly. Since the strips are thin, they only need a few minutes per side to stay juicy.

**The Garlic Trick:** For the tahini sauce, grate the garlic on a microplane or mash it with a pinch of salt to ensure you don't bite into a large raw chunk.

**Warm the Bread:** A cold tortilla will crack. Warming the bread ensures a perfect roll every time, much like when making sheet pan quesadillas.

#### Serving Suggestions and Pairings:

#### Nutritional Information (Per Wrap):

## DIRECTIONS

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9. **Serving Suggestions and Pairings:** These wraps are a complete meal on their own, but they pair wonderfully with a side of salty olives or a light lemon-rice pilaf. If you are hosting a Greek-themed dinner night, these wraps make a great "main" alongside a tray of chicken enchiladas for those who want a variety of flavor profiles.
10. **Nutritional Information (Per Wrap):** Calories: ~370 kcal
11. **Protein:** 28 g
12. **Carbohydrates:** 31 g
13. **Fat:** 15 g
14. **Fiber:** 5 g
15. **Storage and Leftover Tips:** These wraps are best enjoyed fresh, but the components store beautifully. Keep the cooked chicken and chopped veggies in separate airtight containers in the fridge for up to 3 days. Store the tahini sauce in a jar-if it thickens in the fridge, just stir in a splash of warm water before using.
16. For a sweet finish to your meal prep, I love having these 3-ingredient chocolate chip oatmeal breakfast cookies ready to go for a healthy dessert or a quick morning snack the next day.
17. **Final Thoughts:** These Greek Chicken Wraps prove that "healthy" doesn't have to mean "boring." The contrast of the warm, savory chicken against the cool crunch of the cucumber and the zing of the tahini is a culinary home run.
18. Did you try this recipe? I would love to hear how it turned out! Leave a comment below or tag us on social media with your creations. Don't forget to follow ChefManiac for more easy, delicious recipes from my kitchen to yours!

## SWAPS & NOTES

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a vegetarian version.

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

Original recipe: <https://chefmaniac.com/the-ultimate-greek-chicken-wraps-with-creamy-tahini-sauce/>