

Easy Cheesy Garlic Chicken Wraps Recipe - The Perfect Meal Prep Solution

The Ultimate Cheesy Garlic Chicken Wraps: The Only Wrap Recipe You'll Ever Need



OVEN
350°F

TIME
7 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Chicken Filling:

1 lb (450g) boneless, skinless chicken breasts:

Thinly sliced or diced into bite-sized pieces for quick cooking.

1 tablespoon olive oil: For sautéing.

1 teaspoon smoked paprika: Adds a beautiful color and a hint of woody flavor.

$\frac{1}{2}$ teaspoon garlic powder & $\frac{1}{2}$ teaspoon onion powder: The flavor foundation.

$\frac{1}{4}$ teaspoon cayenne pepper: Completely optional, but highly recommended for a tiny kick.

$\frac{3}{4}$ teaspoon fine sea salt & $\frac{1}{4}$ teaspoon freshly ground black pepper.

For the Garlic Sauce:

$\frac{1}{2}$ cup (60g) mayonnaise: The creamy base.

2 cloves garlic: Finely minced or turned into a paste.

1 tablespoon plain Greek yogurt: Adds a necessary tang (you can use sour cream too!).

1 teaspoon lemon juice: Brightens up the heavier fats.

$\frac{1}{2}$ teaspoon dried dill: Or a tablespoon of fresh chopped dill.

Pinch of salt.

For Assembly:

4 large flour tortillas: 10-inch size works best to prevent over-stuffing leaks.

$\frac{1}{2}$ cup shredded sharp cheddar & $\frac{1}{2}$ cup shredded mozzarella: The "Cheesy" in the title!

1 cup baby spinach leaves: For a fresh, crisp crunch.

DIRECTIONS

1. **Season & Cook the Chicken:** In a medium bowl, toss your chicken pieces with the olive oil and all the dry spices. Make sure every piece is coated. Heat a large skillet over medium-high heat. Sear the chicken for 5-7 minutes. You want a nice golden-brown crust on the outside while keeping the inside tender.
2. **Prepare the Garlic Sauce:** While the chicken is sizzling, whisk together the mayo, garlic, Greek yogurt, lemon juice, and dill. This sauce is potent and delicious-it honestly works as a dip for almost anything!
3. **Warm the Tortillas:** Never skip this step! A cold tortilla will crack. Warm them in a dry pan for 20 seconds per side. This makes the gluten more pliable.
4. **Assemble the Wraps:** Lay a tortilla flat. Spread a generous tablespoon of the garlic sauce in the center. Layer the spinach, then the warm chicken, and finally the cheese. The heat from the chicken will start to melt that cheese immediately.
5. **Fold & Sear (The Pro Tip):** Fold the sides in and roll tightly. If you want an extra crunch, put the finished wrap back into the skillet (seam side down) for 60 seconds. This "seals" the wrap and gives it a toasted finish.

SWAPS & NOTES

The Protein: Not a fan of chicken breast?

Boneless skinless thighs work excellently and stay even juicier.

You can even use leftover rotisserie chicken; just toss it in the spices and warm it in the pan.

Low Carb Option: Swap the flour tortilla for a large collard

green leaf or a low-carb tortilla wrap.

TIPS FOR SUCCESS

Don't Overfill: It's tempting to pile on the chicken, but leave enough room to fold.

If you have extra meat, just save it for a salad the next day!

Mince the Garlic Fine: No one wants to bite into a large chunk of raw garlic.

Use a microplane if you have one to turn the garlic into a smooth paste for the sauce.

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

Original recipe: <https://chefmaniac.com/easy-cheesy-garlic-chicken-wraps-recipe-the-perfect-meal-prep-solution/>