

Crispy Bacon Ranch Chicken Wraps - The Ultimate Crunchy, Cheesy Lunch

Some days, I just want a meal that's



OVEN
400°F

TIME
20 mins

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INGREDIENTS

2 boneless chicken breasts, cut into strips

$\frac{1}{2}$ cup buttermilk

1 cup panko breadcrumbs

$\frac{1}{2}$ cup grated Parmesan cheese

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp smoked paprika

6 slices bacon, cooked and crumbled

$\frac{1}{2}$ cup ranch dressing

1 cup shredded lettuce

1 cup shredded cheddar cheese

4 large tortillas

1 tbsp butter (for pan-frying and toasting wraps)

Step-by-Step Instructions:

1. Marinate the Chicken:

2. Prepare the Coating:

Panko breadcrumbs

Grated Parmesan

Garlic powder

Smoked paprika

3. Coat and Fry:

4. Assemble the Wraps:

A handful of shredded lettuce

A generous sprinkle of shredded cheddar cheese

Crispy chicken strips

Crumbled bacon

A drizzle of ranch dressing

5. Roll and Toast:

Pro Tips for Perfect Chicken Wraps:

Use fresh Parmesan - It adds better flavor and melts beautifully into the crust.

Add heat if you like it spicy - A dash of hot sauce or a sprinkle of cayenne pepper in the breadcrumb mix works wonders.

Don't skip the toasting step - It makes a big difference in texture and flavor.

For a lighter version, bake the chicken at 400°F (200°C) for 20 minutes, flipping halfway through.

Make them ahead - Fry the chicken strips in advance and reheat them in the oven before assembling the wraps.

What to Serve with These Wraps:

Sweet potato fries for a sweet and savory combo

DIRECTIONS

1. Marinate the Chicken: I start by cutting the chicken breasts into strips and marinating them in buttermilk for 15 minutes. The buttermilk keeps the chicken tender and helps the coating stick.
2. Prepare the Coating: In a shallow dish, I mix:
3. Panko breadcrumbs
4. Grated : Parmesan
5. Garlic powder
6. Smoked paprika
7. This mixture gives the chicken an incredibly crunchy, flavorful coating.
8. Coat and Fry: I remove the chicken strips from the buttermilk, shake off the excess, and press them into the breadcrumb mixture. In a skillet over medium heat, I melt 1 tbsp butter and pan-fry the chicken for about 5 minutes per side, until it's golden brown and crispy.
9. Assemble the Wraps: Once the chicken is done, I lay out the large tortillas and layer on:
10. A handful of shredded lettuce
11. A generous sprinkle of shredded cheddar cheese
12. Crispy chicken strips
13. Crumbled bacon
14. A drizzle of ranch dressing
15. Roll and Toast: I roll up each wrap tightly, then place them back in the skillet over medium heat for 1-2 minutes per side, until the tortillas are golden and slightly crisp, and the cheese starts to melt.
16. Pro Tips for Perfect Chicken Wraps: Use fresh Parmesan - It adds better flavor and melts beautifully into the

crust.

17. Add heat if you like it spicy - A dash of hot sauce or a sprinkle of cayenne pepper in the breadcrumb mix works wonders.
18. Don't skip the toasting step - It makes a big difference in texture and flavor.
19. For a lighter version, bake the chicken at 400°F (200°C) for 20 minutes, flipping halfway through.
20. Make them ahead - Fry the chicken strips in advance and reheat them in the oven before assembling the wraps.
21. What to Serve with These Wraps: These wraps are super satisfying on their own, but if I'm serving them as part of a bigger meal, I love pairing them with:
 22. Sweet potato fries for a sweet and savory combo
 23. A crisp : Caesar or garden salad
 24. Pickles or coleslaw for something tangy and fresh
 25. Potato wedges or onion rings for extra indulgence

SWAPS & NOTES

: juicy chicken with a crunchy crust, smoky bacon, melty cheese, and cool ranch all wrapped up in a soft tortilla .

Inspired by Chef Maniac, this wrap is everything you love in a comfort meal, bundled up and easy to eat.

Why This Recipe Works I've made more wraps than I can count, but these stand out every time for a few simple reasons: Crispy pan-fried chicken - The buttermilk marinade keeps it juicy, and the panko-Parmesan crust adds the perfect crunch.

Smoky bacon goodness - Because bacon makes everything better, especially in wraps.

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

Original recipe: <https://chefmaniac.com/crispy-bacon-ranch-chicken-wraps-the-ultimate-crunchy-cheesy-lunch/>