

Garlic Parmesan Chicken Wrap (Better Than Takeout and Ready in 30 Minutes)

It also checks all the practical boxes:



TIME
30 min

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INGREDIENTS

For the Chicken:

2 lb boneless chicken breast, cut into cubes

2 tbsp oil (for marinating)

Salt, to taste

1 tsp smoked paprika powder

1 tsp red chili flakes

1/2 tsp garlic powder

1/2 tsp onion powder

1 tsp black pepper

1/3 cup freshly grated Parmesan cheese

Squeeze of lemon juice

1 tsp fresh parsley, chopped

1/2 tsp fresh garlic, minced

2 tbsp oil (for cooking)

For the Sauce:

1/2 cup mayonnaise

1/2 tsp Dijon mustard

1 fresh red chili, seeded and minced

1/4 cup freshly grated Parmesan cheese

1 tsp roasted garlic

Salt and pepper, to taste

Drizzle of oil

1 tsp parsley, finely chopped

Splash of water (to thin the sauce)

For the Salad:

2 cups romaine lettuce, diced
2 tbsp extra virgin olive oil
1-2 tbsp freshly squeezed lemon juice
To Assemble:
5 large tortilla wraps
1/2 cup diced onions
1/2 cup diced tomatoes

DIRECTIONS

1. Marinate the Chicken: In a large bowl, combine chicken breast, oil, salt, smoked paprika, garlic powder, onion powder, black pepper, lemon juice, red chili flakes, and parsley. Mix until evenly coated.
2. Cover and marinate for 20-30 minutes.
3. Cook the Chicken: Heat 2 tablespoons oil in a large skillet over medium-high heat.
4. Add the chicken in a single layer along with the minced fresh garlic. Cook for 6-8 minutes, stirring occasionally, until golden brown and fully cooked through.
5. Remove from heat and immediately toss with freshly grated Parmesan cheese and parsley. The residual heat helps the cheese cling to the chicken.
6. Make the Sauce: In a bowl, whisk together mayonnaise, Dijon mustard, red chili, Parmesan cheese, roasted garlic, smoked paprika, lemon juice, salt, and pepper.
7. Drizzle in a bit of oil and add a splash of water, mixing until smooth and creamy. Stir in chopped parsley and adjust seasoning.
8. Prepare the Salad: In a bowl, combine romaine lettuce, olive oil, lemon juice, salt, pepper, and grated Parmesan cheese. Toss until evenly coated.
9. Assemble the Wraps: Spread a generous layer of garlic Parmesan sauce over each tortilla.
10. Add cooked chicken, dressed lettuce, diced tomatoes, and onions. Add extra sauce if desired.
11. Roll tightly into wraps. For extra crispness, toast seam-side down in a pan for 2-3 minutes per side until golden.

SWAPS & NOTES

Chicken thighs can replace breast for extra juiciness.

Add crushed croutons for extra crunch.

Greek yogurt can substitute for half the mayo in the sauce for a lighter option.

Swap romaine for shredded iceberg or mixed greens if preferred.

TIPS FOR SUCCESS

Do not overcrowd the pan when cooking the chicken.

Let the chicken rest for a few minutes before assembling to retain juices.

Warm tortillas slightly before rolling to prevent cracking.

For extra crisp wraps, brush lightly with oil before toasting.

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