

## Easy Cheesy Garlic Chicken Wraps for Lunch or Dinner

If you're looking for a quick and satisfying meal packed with flavor, these

**TIME**  
**25 min**

**METHOD**  
**Air fryer**

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### INGREDIENTS

2 chicken breasts, cubed  
1 tablespoon olive oil  
2 cloves garlic, minced  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
Salt to taste  
Black pepper to taste  
Cheese:  
1/2 cup shredded cheddar cheese  
1/2 cup shredded mozzarella cheese  
Garlic Sauce:  
1/4 cup sour cream  
1/4 cup mayonnaise  
2 tablespoons fresh parsley, chopped  
Wraps:  
4 large flour tortillas

### DIRECTIONS

1. Cook the Chicken: Heat olive oil in a skillet over medium heat.
2. Add cubed chicken and season with:
3. Garlic powder
4. Onion powder
5. Salt
6. Black pepper
7. Cook for 6-8 minutes until golden and fully cooked.
8. Prepare the Garlic Sauce: In a small bowl, mix together:
9. Sour cream
10. Mayonnaise
11. Minced garlic
12. Fresh parsley
13. Stir until smooth and creamy.
14. Assemble the Wraps: Lay the flour tortillas flat.
15. Divide the cooked chicken evenly between them.
16. Add Cheese and Sauce: Sprinkle cheddar and mozzarella cheese over the chicken.
17. Drizzle with the garlic sauce.
18. Roll the Wraps: Fold the sides of each tortilla inward and roll tightly into wraps.
19. Toast the Wraps: Heat a clean skillet over medium heat.
20. Place the wraps seam-side down and cook for 2-3 minutes per side until golden and crispy and the cheese melts.
21. Slice and Serve: Cut each wrap in half and serve warm.

### SWAPS & NOTES

This recipe is easy to customize depending on your taste preferences.

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

Original recipe: <https://chefmaniac.com/easy-cheesy-garlic-chicken-wraps-for-lunch-or-dinner/>