

Unit 7: Healthy and Wise

Let's write.

Here are two recipes of healthy wraps you can try at home.

Listen and fill in the blanks.



Black Pepper Chicken Wrap

Ingredients

- Tortilla bread or chapatti
- 1 tablespoon vegetable oil
- ½ onion, sliced
- 150g boneless chicken breast (cut into 2cm per piece)
- Freshly ground black pepper
- 1 tablespoon of soya sauce
- 50g french beans thinly sliced
- 50g carrot thinly sliced
- 2 Romanian lettuce

This is how black pepper chicken wrap is made.

Instructions:

1. Heat a _____ on a non-stick pan.
2. Saute the _____.
3. Add _____ once the onion is soft.
4. Add _____ and _____.
5. _____ well and _____ the black pepper chicken to _____.
6. Steam or blanch the _____.
7. Take a _____ or _____.
8. Place the _____, _____ and _____ in the middle of the wrap.
9. _____ and _____ the wrap.
10. _____ with _____.

Using the phrases given, write the instructions to make grilled chicken salad wrap.

Instructions:



Grilled Chicken Salad Wrap

Ingredients

- Whole grain wraps
- 2 tablespoons of olive oil
- 1 onion, minced
- 2 boneless chicken breast (cut into 2 cm per piece)
- ½ teaspoon freshly ground pepper
- 2 tablespoons of low-fat mayonnaise
- 50g asparagus
- 50g carrot thinly sliced
- 2 butterhead lettuce