

Watch the video and answer the questions



**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

**Instructions:**

1. Heat 1) \_\_\_\_\_ of olive oil on a non-stick pan.
2. Saute the 2) \_\_\_\_\_
3. Add 3) \_\_\_\_\_ once the onion is soft.
4. Add 4) \_\_\_\_\_ and 5) \_\_\_\_\_.
5. Mix well and transfer the 6) \_\_\_\_\_ to a plate.
6. Steam and blanch the 7) \_\_\_\_\_
7. Take a piece of 8) \_\_\_\_\_
8. Place the 9) \_\_\_\_\_ 10) \_\_\_\_\_ and chicken in the middle of the wrap.
9. \_\_\_\_\_ the wrap.
10. \_\_\_\_\_ sauce.

