

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.

