

Instructions to make a Grilled Chicken Salad Wrap.



Drag and drop the instructions in the correct order to make a Grilled Chicken Salad Wrap.

Serve with low-fat mayonnaise.

Put the boneless chicken on the hot grill.

Heat up the charcoal for your grill.

Steam or blanch the asparagus and carrot.

Fold and roll the wrap.

Season the chicken with salt and pepper for a few minutes.

Sauté the onion, asparagus and carrot.

Place the lettuce, vegetable mix, and chicken in the middle of the wrap.

Mix well and transfer the grilled chicken to a plate.

Take a piece of chapatti or wrap.

This is how to prepare a Grilled Chicken Salad Wrap.

Instructions:

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