

**Exercise 1 : Using the ingredients below, write the instructions to make grilled chicken salad wrap.**

## 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 )
- 1/2 teaspoon freshly ground pepper.
- 2 tablespoons of low-fat mayonnaise
- 50g asparagus
- 50g carrot thinly sliced
- 2 butterhead lettuce



First, heat two tablespoon of \_\_\_\_\_ (1) on a non stick pan and saute the \_\_\_\_\_ (2). Secondly, add \_\_\_\_\_ (3) once the onion is soft.

After that, add \_\_\_\_\_ (4). Mix well and transfer chicken to a plate. Next, steam or blanch the \_\_\_\_\_ (5).

Then, take a piece of \_\_\_\_\_ (6). Place the lettuce, \_\_\_\_\_ (7), chicken and \_\_\_\_\_ (8) in the middle of the wrap. Fold and roll the wrap. Lastly, serve with sauce.

