

PaediaSure Shake

Balanced nutrition for the fussy eating phase



CHICKEN IN BLANKETS

SERVES: 4

Ingredients

- 8 mini chicken breast fillets
- 1 tbsp vegetable oil
- 4 large flour tortillas
- 4 tomatoes, cut in half and sliced
- A handful of shredded lettuce
- 4 tbsp crème fraiche, sour cream or mayonnaise

Marinade

- 1 tbsp olive oil
- 1 tbsp lemon or lime juice
- 1 tbsp dark soy sauce

Method

1. Mix all the marinade ingredients together, add the chicken and mix well. Leave for 30 minutes.
2. Heat the oil in a non-stick frying pan, remove the chicken from the marinade and cook for 3 minutes each side, or until cooked through.
3. Warm each tortilla through, one at a time, for 10 seconds in a microwave or in a hot dry frying pan.
4. Spread each one with 1 tablespoon of crème fraiche, sour cream or mayonnaise and place 2 chicken fillets on the tortilla, and add the lettuce and tomato.
5. Roll each tortilla up and cut in half.

TIP: Why not try salmon strips, for a fishy option?