Honey & Ginger Rotisserie Chicken

Ingredients

- 2 cups cooked rice
- 2 cups cooked chicken
- 2 tablespoons honey
- 2 tablespoons ginger
- Juice of ½ a lemon
- Radish or chopped peppers
- 2 whole wheat wraps

Making It

1. Add honey, lemon and ginger to the cooked chicken. Season and set aside to marinate.
2. Assemble the rice, chopped veggies, chicken into the wrap and serve.

NUTRITION FACTS

| SERVINGS: 2 |

PER SERVING:
- Calories (kcal): 362
- Fat (g): 4.9
- Carbohydrate (g): 50.25
- Protein (g): 26.75
- Fibre (g): 1.6

TIPS & HINTS

If using raw chicken chop it into bite size chunks and cook in a frying pan with a little bit of oil. The smaller the chunks, the more quickly it will cook.