Chicken Wrap

NIBBLEDISH CONTRIBUTOR

Ingredients

- Chicken (one piece of leftover drumstick, leg, breast, or whatever from last night's BBQ.) - Knife - Butcher knife / cleaver - Garlic (one clove) - Tortilla wrap / flatbread - Lettuce (one blade, cut into pieces the size of a Compact Flash card) - Frying pan - Oil - Soya sauce, teriyaki sauce, or whatever sauce you like.

Instructions

1. Cut up chicken into pieces. Remove skin, fat, bones. 2. Add chicken to frying pan with oil on medium-high heat. Remove from heat source when brown. Add chicken pieces onto a flatbread. 3. Chop up one clove of garlic into tiny pieces. Brown for a few seconds. 4. Add garlic to chicken. 5. Wash and cut lettuce into Compact Flash Card-sized pieces. Add about 7 pieces. 6. Add other things like celery leaves, swiss cheese bits, mushrooms, grated cheese, grated carrots, anything you can think of :D 7. Fold it up (may be hard if you've never done it before...but find ways to fold it so that nothing falls out...hint: fold the bottom to create a "pocket"). 8. Enjoy!