

Cajun Chicken, Pawpaw and Pesto Tortilla wrap

Servings: 6

Prep Time: 10min

Cook Time: 20min



Ingredients

FOR THE PESTO

- 50g cashews, toasted
- 30g coriander (reserving some leaves for garnish)
- ½ chilli, deseeded and finely chopped
- ½ cup olive oil
- 6 whole wheat tortilla wraps
- 6 free-range chicken breasts
- Cajun spice
- 1 Pawpaw
- 1 baby red cabbage, chopped

Directions

1. Make the pesto by putting the toasted cashews, coriander leaves and stalks, and chilli in a food processor. Slowly trickle in the olive oil while blending. Add a pinch of salt and pepper to taste.
2. On a hot dry grill pan, heat the wraps until they are soft and pliable.
3. Coat the chicken breasts in Cajun spice and season with salt and pepper.
4. Heat the grill pan again and cook the chicken breasts in a little oil until golden brown and cooked through. Set aside and allow to cool slightly.
5. Slice the pawpaw and the chicken breasts.
6. Spread the pesto on the wrap and layer this with the chopped red cabbage, sliced chicken breasts, pawpaw and some fresh coriander.