

Cajun Chicken Wrap with Low Fat Garlic Mayonnaise and Rocket Leaves



Coat a chicken fillet in Cajun spices and bake in oven for 30 minutes.

Allow to cool and cut into thin slices.

Crush 2 cloves of garlic and mix in a jar of reduced fat Hellman's mayonnaise.

Spread a teaspoon of mayonnaise evenly on a white or wholemeal wrap, spread out chicken, add rocket leaves and roll up and serve.

Larger quantity of chicken can be cooked and stored in an air tight container in the fridge for up to 4 days.