



Cheesy Garlic Chicken Parcel

Macros: 471 Calories; 55g Protein; 33g Carbs; 40g Fat

1 Serving

Ingredients

Base

- 90g cooked chicken breast
- 35g fat free mozzarella cheese
- 80g blended cottage cheese
- 1 tbsp light mayo
- 1 tsp minced garlic
- Salt and pepper to taste
- Fresh chopped parsley (optional)
- Warm tortilla

Directions

1. In a bowl, mix all ingredients together.
2. Place the mixture on a warm tortilla and fold into a square
3. Spray a pan with cooking spray and toast on medium heat until there is a golden and crispy finish on both sides
 - a. Alternative Cooking: Airfry at 375 degrees till golden brown