



Mexican-Style Chicken Pocket

Ingredients

- 2 Wonder® 100% Whole Wheat 10” Wraps
- 1 green onion
- ½ red, yellow or green pepper
- 25g of cooked chicken or tofu
- 20g of cheddar cheese
- 50g of canned kidney beans, drained & rinsed
- 25g frozen peas
- 25g of frozen sweetcorn
- ½ tsp of chipotle paste or mild chili powder
- 1 egg



Directions

 Prep Time: **35 minutes** | Cook Time: **10 minutes** | Total Time: **45 minutes**

1. Preheat your oven to 400F. Line or grease a baking sheet
2. Prepare the filling by chopping the green onion finely, dice pepper, shred or slice cooked chicken/tofu and grate cheddar cheese. Place all ingredients in a medium bowl.
3. Add the kidney beans, peas & sweetcorn to the mixture
4. Stir in chipotle paste or chili powder
5. Crack an egg into a small dish & mix well.
6. Cut wraps in half & brush the edges of each half with egg wash.
7. Leave for 30 seconds and fold into a cone shape sealing the edges
8. Fill each cone with a little bit of mixture. Making sure to not over fill them so they are easy to seal
9. Brush remaining edges with egg. Leave for 30 seconds and seal by pressing the edges together firmly.
10. Place the pockets on the baking tray. Brush all of the pockets with egg .
11. Place in the oven and bake for 10 minutes or until golden brown
12. While the pockets are baking, prepared the salsa.