

# Hungry Planet Diced Grilled Chicken™ Spinach Wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
-			4	13.63 oz

## 1 HUNGRY PLANET DICED GRILLED CHICKEN™

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1/2 cup	0 lb 3.85 oz	0%	0 lb 3.85 oz	Oil, canola	<b>HUNGRY PLANET DICED GRILLED CHICKEN™</b> Heat oil in skillet over high heat. Add Hungry Planet Diced Grilled Chicken™ and sear until golden brown (3 minutes). Set aside to cool slightly. Add all other ingredients in a bowl. Add Hungry Planet Diced Grilled Chicken™ and taste for seasoning.
	1.00 lb	0%	1.00 lb	Hungry Planet Diced Grilled Chicken™	
4 tbsp	0 lb 2.12 oz	0%	0 lb 2.12 oz	Vegan cream cheese	
4 tsp	0 lb 0.67 oz	0%	0 lb 0.67 oz	Mustard, dijon	
4 tbsp	0 lb 2.03 oz	0%	0 lb 2.03 oz	Vegan sour cream	
	0 lb 4.00 oz	0%	0 lb 4.00 oz	Peppers, hot pickled, chopped	
4 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Onion, scallion	
2 tbsp	0 lb 0.59 oz	0%	0 lb 0.59 oz	Salt, kosher, Diamond Crystal	



## 2 SPINACH WRAP

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4.0 ea	0 lb 10.02 oz	0%	0 lb 10.02 oz	Spinach tortillas, flour, 10"	<b>SPINACH WRAP</b> Toast wrap by heating it in a pan or carefully and briefly toast directly on a gas burner. When toasted, spoon Hungry Planet Diced Grilled Chicken™ mixture onto wrap. Top with spinach, tomatoes and freshly ground black pepper. Tuck in the sides and roll up into a wrap. Cut in half or cut into 1-inch rounds for sharing. Serve cold or refrigerate and save for later.
2 cup	0 lb 2.12 oz	0%	0 lb 2.12 oz	Spinach, raw	
	0 lb 12.00 oz	0%	0 lb 12.00 oz	Tomatoes, cherry, halved	
2 2/3 tbsp	0 lb 0.64 oz	0%	0 lb 0.64 oz	Spices, black pepper, ground	

RECIPE IMAGES



**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	3 lb 6.52 oz	0 %	3 lb 6.52 oz	0 %	3 lb 6.52 oz
Size of portion	13.63 oz		13.63 oz		13.63 oz

**ADDITIONAL INFO**

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**MEMO**

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