Chicken and Sweet Potato Wrap: Savoury American Flatbread

Oven roasted cubes and spiced strips paired with a creamy avocado sauce



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	30 min	45 min	4 wrap servings	410 kcal

Ingredients

- 400 g boneless, skinless chicken breast, cut into 1 cm strips
- 2 medium sweet potatoes, peeled and cut into 1 cm cubes
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper, optional
- 4 large flour tortillas
- 100 g plain Greek yogurt
- 1/2 ripe avocado, mashed
- 1 tbsp fresh lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 lime, juiced
- 1/4 red onion, thinly sliced

Instructions

1. Prepare the vegetables: Preheat your oven to 220°C (428°F) and line a baking tray with parchment paper. Toss the sweet potato cubes with 1 tbsp olive oil, smoked paprika, garlic powder, cumin, cayenne, salt and pepper. Ensure they are evenly coated so the spices caramelise without burning.
2. Roast the potatoes: Spread the sweet potatoes in a single layer on the tray. Roast them for 15 minutes. A single layer prevents steaming and ensures the edges crisp up.

3. Season the chicken: Season your chicken strips with the remaining 1 tbsp olive oil, a pinch of smoked paprika, salt and pepper. Mix well to ensure a consistent savoury flavour across all pieces.
4. Cook the chicken: Add the chicken to a separate half of the tray. Bake for 10 minutes until the chicken fibres change colour. Use a digital thermometer to confirm it reaches 74°C (165°F) to ensure it is safe and tender.
5. Whisk the sauce: Combine the Greek yogurt, mashed avocado, lemon juice, lime juice, chopped cilantro, salt and pepper in a bowl. Whisk until smooth. Add a tablespoon of water if the sauce is too thick to spread easily.
6. Warm the tortillas: Heat the tortillas in the oven for 3 minutes or on a dry skillet for 30 seconds per side. Warm tortillas are pliable and will not crack when you roll them.
7. Assemble the wraps: Lay a tortilla flat and spread a dollop of sauce. Add the roasted sweet potatoes, chicken, red onion and cherry tomatoes. Roll the tortilla tightly to keep the fillings secure.

Notes

Flour TortillasUse corn tortillas or large butter lettuce leaves if you lack flour tortillas. Corn tortillas add a nuttier flavour and a firmer bite. Lettuce leaves remove the gluten and lower the calories. Do not use thin rice paper as it cannot support the weight of the roasted sweet potato cubes.

Storing and reheatingKeep assembled wraps in an airtight container for up to 3 days at room temperature. For longer storage, wrap them in foil and freeze for 2 weeks. Reheat in a 175°C (347°F) oven for 10 minutes or use a microwave to restore the warmth and pliability.

What to serve with itPair these wraps with a chilled cucumber-mint yogurt dip to create a refreshing contrast. You may also serve them alongside cumin-seasoned roasted chickpeas and a tomato-based salsa for a Mediterranean-style platter. A simple cucumber-salt salad provides a crisp acidity that cuts through the creamy avocado sauce.