

CHICKEN, CRANBERRY & BRIE

Wrap

A DELICIOUS LUNCH BOX RECIPE
FOR WORK, UNI OR ON THE GO



TASTY



NUTRITIOUS



EASY TO MAKE

Tender chicken, creamy brie, sweet cranberry sauce, fresh spinach and crunchy walnuts – a delicious, satisfying wrap that's perfect for lunch on the go.



INGREDIENTS (MAKES 1 WRAP)

- 1 large wrap (wholemeal or white)
- 80g cooked chicken, sliced
- 2–3 slices of brie
- 1 tbsp cranberry sauce
- A handful of fresh spinach leaves
- 1 tbsp toasted walnuts, roughly chopped

OPTIONAL EXTRAS

- A little cream cheese or mayonnaise
- Black pepper
- Rocket leaves
- Sliced cucumber or grated carrot



METHOD

- 1 Lay the wrap flat and spread a thin layer of cream cheese or mayonnaise if using.
- 2 Add a layer of fresh spinach leaves.
- 3 Top with sliced chicken, brie, a spoonful of cranberry sauce and chopped walnuts.
- 4 Season with a little black pepper.
- 5 Roll up tightly, then cut in half (diagonally works well!).
- 6 Pack in a lunch box with your favourite sides, like cucumber, carrot sticks and cherry tomatoes.



LUNCH BOX WINS!

- ✓ Great served cold – perfect for work, uni or days out.
- ✓ A tasty balance of protein, healthy fats and fibre.
- ✓ Packed with flavour and keeps you full for longer.
- ✓ Quick and easy to prepare.
- ✓ Easy to pack – ideal for busy schedules.



PACK IT LIKE A PRO

- Use a reusable, leakproof lunch box.
- Keeps well for up to 2 days.
- Add fresh fruit, veggie sticks or a handful of nuts on the side.

MAKE IT
YOURS



Swap chicken
for turkey or
roasted vegetables.



Try fig chutney
instead of cranberry
sauce.



Use pecans
or seeds instead
of walnuts.



Add rocket or
mixed leaves for
an extra peppery kick.