

Foodnity Recipes

Crispy Chicken Wraps – Quick & Easy Meal

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, thinly sliced
- [ ] 1 cup buttermilk
- [ ] 1 cup all-purpose flour
- [ ] 1 tsp paprika
- [ ] 1 tsp garlic powder
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 cups vegetable oil for frying
- [ ] 4 large flour tortillas
- [ ] 1 cup shredded lettuce
- [ ] 1 medium tomato, diced
- [ ] 2 tbsp honey
- [ ] Juice of 1 lime

Optional Add-Ons

- [ ] Sliced avocado
- [ ] Pickled jalapeños
- [ ] Greek yogurt sauce

Instructions

1. Pat the chicken pieces dry, then place them in a bowl with buttermilk; let sit for 10-15 minutes.
2. In a shallow dish combine flour, paprika, garlic powder, salt, and pepper. Dredge each chicken piece, shaking off excess.
3. Heat oil in a heavy skillet over medium-high heat until shimmering. Fry chicken until golden and cooked through, about 3-4 minutes per side.
4. Transfer chicken to a wire rack to stay crisp. Warm tortillas in a dry pan for 20 seconds each side.
5. Assemble wraps: lay a tortilla, add lettuce, tomato, optional toppings, a piece of crispy chicken, drizzle honey, and finish with a squeeze of lime.
6. Fold gently and serve immediately while the chicken is still warm and crunchy.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the coating seems too thick, add a splash of water to thin it slightly.
- Avoid overcrowding the pan; fry in batches for even crispness.
- Adjust honey amount to taste for a sweeter or more savory profile.