

Foodnity Recipes

Spicy Buffalo Chicken Wraps for Two

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

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts, thinly sliced
- [ ] 1/3 cup buffalo sauce (hot sauce + melted butter)
- [ ] 4 large flour tortillas
- [ ] 1 cup shredded lettuce
- [ ] 1/2 cup grated carrot
- [ ] 2 tbsp ranch dressing or blue-cheese dressing
- [ ] 1 tsp lime juice
- [ ] 1 tbsp olive oil

Optional Toppings

- [ ] Crumbled blue cheese
- [ ] Sliced green onions
- [ ] Fresh cilantro leaves

Instructions

1. Pat the chicken dry, then season lightly with salt and pepper.
2. Heat olive oil in a skillet over medium-high; add chicken and sear until just cooked through, about 4-5 minutes.
3. Pour the buffalo sauce over the chicken, stir to coat, and cook another 2 minutes until glossy.
4. Warm the tortillas in a dry pan for 20 seconds each side; keep them wrapped in a clean towel.
5. Assemble each wrap: lay a tortilla, spread a thin layer of dressing, add lettuce, carrots, buffalo chicken, drizzle more dressing, and finish with lime juice.
6. Roll tightly, slice diagonally, and serve immediately.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a dash of cayenne pepper to the sauce.
- For a lighter version, use Greek yogurt mixed with a splash of hot sauce instead of ranch.
- Keep the wraps covered with foil for a few minutes after rolling to let flavors meld.