



## Cyprus Chicken Flat-Wrap

Crispy breaded chicken filet stuffed in a whole grain flatbread and served with lemony dill yogurt sauce and a fresh 'n crunchy marinated vegetable salad with chopped tomatoes, cucumbers, onions, garlic and parsley.

*Servings: 10 Chicken Flat-Wraps (1 per serving)*

Ingredients	Amount	Amount
Tyson® Whole Grain Breaded Filets #70303-928		10 ea.
Whole Grain Flatbreads, thawed		10 ea.
Lemony Dill Yogurt Sauce (see sub-recipe)	7.50 oz.	15 Tbsp.
Marinated Vegetable Salad (see sub-recipe)	15 oz.	2 ½ C

### DIRECTIONS:

1. Hold the thawed flatbreads in a hot box at 145°F for 30-45 minutes prior to using so they are soft and pliable. Meanwhile, arrange the frozen chicken filets in a single layer, without any overlapping, on a sheet pan lined with parchment paper.
2. Heat the pan of chicken filets uncovered in a preheated 350°F convection oven for 14-16 minutes, or until the minimum internal temperature reaches 165°F and the breading is crispy. Hold the heated filets uncovered in a hot box at 145°F until ready to serve.
3. To build the flat-wraps arrange the flatbreads on a sanitized work surface. Place 1 heated chicken filet on the front half of each flatbread. Fold each flatbread over to encompass the chicken filet and arrange the stuffed flatbreads in a hotel pan by standing them up next to each other. Hold the pan of stuffed flatbreads loosely covered in a hot box at 145°F until ready to serve.
4. To serve the chicken flat-wraps place 1 stuffed flatbread on a plate along with 1-portion cup of the prepared lemony dill yogurt sauce and 1-portion cup of the prepared marinated vegetable salad. One Cyprus Chicken Flat-Wrap per serving.

### **TYSON® PRODUCTS USED:**

#70303-928, Whole Grain Breaded Made with Whole Muscle Filet, 2.12 oz.

## Lemony Dill Yogurt Sauce

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*Yield: 15-tablespoons (approximately 7.50-ounces)*

Ingredients	Amount	Amount
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Greek Yogurt, plain, non-fat	5 oz.	? C
Sour Cream, light	2 oz.	¼ C
Mayonnaise, low-fat	0.50 oz.	1 Tbsp.
Lemon Juice, bottled	0.45 oz.	1 Tbsp.
Dill, fresh, chopped		¾ tsp
Lemon Zest, fresh		? tsp
Granulated Garlic		¼ tsp
Ground Black Pepper		? tsp
Crushed Red Pepper Flakes		? tsp

**DIRECTIONS:**

1. Combine all the ingredients in a mixing bowl and whisk together until thoroughly combined. Hold the prepared sauce covered under refrigeration at 38°F for a minimum of 2-hours to allow the flavors to fully develop and blossom before proceeding.
2. When ready portion 1½-tablespoons (approx. 0.75-ounces) of the prepared sauce into 2-ounce portion cups. Place a lid atop each filled portion cup and hold them under refrigeration at 38°F until ready to serve.

## **Marinated Vegetable Salad**

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*Yield: 2½-cups (approximately 15 oz.)*

<b>Ingredients</b>	<b>Amount</b>	<b>Amount</b>
Tomatoes, fresh, cut into a ½" dice	5.75 oz.	1 C
Cucumbers, fresh, deseeded, cut into a ½" dice	4.60 oz.	1 C
Italian Flat Leaf Parsley Leaves, fresh, roughly chopped	0.55 oz.	? C
Banana Pepper Rings, chopped	1.55 oz.	¼ C
Red Onions, fresh, cut into a ½" dice	1.10 oz.	¼ C
Red Wine Vinegar	1 oz.	2 Tbsp.

Olive Oil	0.30 oz.	1 Tbsp.
Granulated Garlic		1 tsp
Whole Dried Oregano		½ tsp
Ground Black Pepper		½ tsp

**DIRECTIONS:**

1. Combine all the ingredients in a mixing bowl and gently mix together until thoroughly combined. Hold the prepared salad covered under refrigeration at 38°F for a minimum of 1-hour to allow the flavors to fully develop and blossom before proceeding.
2. When ready portion ¼-cup (approx. 1.50-ounces) of the prepared salad into 4-ounce portion cups. Place a lid atop each filled portion cup and hold them under refrigeration at 38°F until ready to serve.

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CN Portion	1 piece
M/MA (oz)	1.00
Grain (oz)	0.50
Vegetable (oz)	0.00
Calories	140
Total Fat (g)	7.00
Saturated Fat (g)	1.00
Sodium (mg)	250
Carbs (g)	9
Protein (g)	12

