

# In the Kitchen with **Fast Ed**



## Pesto Shredded Chicken Waldorf Wrap

Preparation time: 5 minutes | Cooking time: 20 minutes | Serves: 5

3 skinless chicken breast fillets  
¼ cup pesto  
3 stick celery, finely diced

½ cup walnuts, chopped  
2 cup oak lettuce  
5 wraps, to serve

- 1 Place the chicken breast fillets in a medium saucepan of cold water (or for even more flavour use chicken stock), then bring gently to a simmer over a low heat. Cook for 15 minutes, until the chicken is firm, then turn off and set the chicken aside to cool.
- 2 Shred the chicken using two forks, then mix with the pesto, celery and walnuts.
- 3 Tear the oak lettuce into pieces, then arrange on wraps. Top with the chicken mixture, then roll up.

**Fast Eds Note:** This recipe is perfectly stored in the leak-proof **Lunch Break™ Lunchbox 1L** to take on-the-go.

