

Crispy Chicken Wrap

The one that actually stays crispy — built for contrast, toasted for crunch.

PREP 15 MIN • COOK 10 MIN • MAKES 2 WRAPS • EASY

INGREDIENTS

For 2 Wraps

- 2 large flour tortillas (10 inch), or low-carb wraps
- 2 crispy chicken breasts, battered & fried or panko-crusted
- 4 tostada shells or a handful of tortilla chips (the inner crunch)
- ½ cup shredded sharp cheddar or pepper jack
- 1 cup shredded romaine, patted dry
- 1 jalapeño, thinly sliced
- ¼ cup chipotle mayo or sour cream
- Juice of half a lime, plus flaky salt

METHOD

1. Build for contrast. Lay out the tortilla and layer chicken, cheese, the crunch layer, romaine and jalapeño — contrast, not volume.
2. Sauce last, sparingly. Add the chipotle mayo in a thin line down the center, never across the whole tortilla, so it cannot pool.
3. Dry everything. Pat the lettuce and chicken dry; stray moisture is what turns a wrap soggy.
4. Embed the crunch. Tuck the tostada or chips inside before folding so there is always a crispy interior layer (the Crunchwrap trick).
5. Fold and toast. Fold closed and press seam-side down on a hot, dry skillet over medium-high heat — no oil — 30 to 45 seconds a side until blistered and audibly crisp.
6. Eat within 10 minutes. This is not a make-ahead meal: build it, toast it, eat it.

Tip • Embed the crunch inside the fold. The outer tortilla will soften over time, but that crispy interior layer keeps the texture alive to the last bite.