

Less than 30 minutes

Makes 4

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Ingredients:

Dip:

- 1 avocado, diced
- ½ cup (125ml) plain double-cream yoghurt
- Handful fresh coriander or parsley
- Juice (60ml) of 1 lemon

- 2 Tbsp (30ml) olive oil blend
- 1 bunch (4) leeks, trimmed and sliced
- 6 sprigs thyme
- 4 large tortilla wraps
- ½ rotisserie chicken, shredded
- 1 packet (100g) baby spinach
- 2 cups (250g) mozzarella and/or Emmenthal cheese
- 1 packet (250g) baby tomatoes, sliced, for serving
- Handful chopped parsley, for serving

Method

1. Blitz dip ingredients in a blender until smooth. Set aside.
2. Heat oil in a pan and sauté leeks for 5 minutes.
3. Add thyme and cook for another 2 minutes.
4. Place leeks on one half of a tortilla and top with chicken, spinach and cheese.
5. Grill or toast in a sandwich press until cheese has melted.
6. Serve with dip, tomatoes and parsley.