

DINNER

Chicken Strip Wrap with Sweet Mustard

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	15 min	20 min	4	\$1.74	372 kcal



You can never have too many main course recipes, so give Chicken Strip Wrap with Sweet Mustard a try. One serving contains 383 calories, 33g of protein, and 16g of fat. This recipe serves 4. For \$1.74 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals.

Ingredients

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| ☐ 1 tablespoon packed brown sugar | ☐ 2 chicken breasts |
| ☐ 1 egg | ☐ ¼ cup all-purpose flour |
| ☐ 4 whole-wheat flour tortillas | ☐ ¼ head iceberg lettuce, shredded |
| ☐ 2 tablespoons mayonnaise | ☐ 1 cup panko bread crumbs |
| ☐ 1 pickle, diced | ☐ 1 tablespoon poultry seasoning |
| ☐ 4 servings Salt and freshly ground black pepper | ☐ ½ cup shredded Cheddar |
| ☐ ¼ cup spicy brown mustard | ☐ 2 tablespoons water |

Method

- 1 Watch how to make this recipe.
- 2 Preheat oven to 350 degrees F.
- 3 Rinse the chicken and pat dry with paper towels.
- 4 Remove the chicken breasts from the bone and discard the skin.
- 5 Cut each breast into 10 strips.
- 6 Whisk the egg and 2 tablespoons water in a bowl and set aside.
- 7 Mix the flour, poultry seasoning and salt and pepper, to taste, in a resealable plastic bag.
- 8 Add the chicken strips and toss to coat, set aside.
- 9 Put the bread crumbs in a shallow dish or pie plate.
- 10 Remove the chicken from the bag and shake off the excess flour. Coat the chicken in the egg, then dredge in the panko bread crumbs. Arrange the strips in a single layer, on a baking sheet, allowing space in between each strip.
- 11 Bake for 15 to 20 minutes, until chicken is golden brown and cooked through.
- 12 In a small bowl, combine the mustard, mayonnaise and the brown sugar.
- 13 Mix until sugar dissolves completely.
- 14 Warm the tortillas in a microwave for 30 seconds to make them pliable.
- 15 Lay a tortilla flat onto a work surface.
- 16 Place about 5 chicken strips onto the tortilla.
- 17 Drizzle with the sweet mustard sauce and top with cheese, lettuce and pickle.
- 18 Roll up the tortilla and put on a serving platter. Repeat with remaining ingredients and serve.

Nutrition per serving

372

KCAL

33 g

PROTEIN

16 g

FAT

24 g

CARBS

Saturated Fat

4.8 g · 30% of daily needs

Fibre

2.4 g · 9% of daily needs

Sugar

5.1 g · 6% of daily needs

Sodium

701 mg · 30% of daily needs

Cholesterol

130 mg · 43% of daily needs

Vitamin C

2.8 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chicken-strip-wrap-with-sweet-mustard-147699