**Sweet potato wrap**

**Ingredients** **for 4 persons:**

250 g sweet potatoes from North Carolina

1 middle-sized red onion

250 g chicken breast fillet

1 avocado

2 tbsp lime juice

1 radicchio (alternatively 1-2 romaine lettuce hearts)

2 tbsp olive oil

Salt, pepper

1 tsp curry powder

4 wheat tortillas

120 g cream cheese

4 stems basil

1. Peel sweet potatoes, slice into small strips lengthwise. Halve the onions and cut into strips. Do likewise with the chicken breast. Halve the avocado, remove the core and peel. Cut the pulp into thin slices and mix carefully with 1 tsp lime juice. Wash radicchio and dry it well.
2. Heat up 1 tbsp oil in a non-stick pan. Fry sweet potatoes and onions at middle heat. Season with salt and pepper, then take out. Heat up again 1 tbsp oil and fry the chicken strips at high heat 3-4 minutes on each side. Season with curry, salt and pepper.
3. Put tortillas side by side on the working surface, lard with cream cheese and leave out 1 cm at the edges. Place sweet potatoes, radicchio, avocado, onions and chicken in the middle. Spill with remaining lemon juice and basil leaves. Fold tortillas at one side over the filling, then roll up and wrap up in sandwich paper.

**Preparation time:** 30 minutes

**Nutrition facts per portion:**

Energy: 475 kcal / 1988 kJ

Protein: 22 g

Fat: 31 g

Carbohydrates: 26 g