

Turmeric Chicken & Avocado Wraps / Salad Bowl

ターメリックチキンとアボカドのラップ／サラダボウル

Serves 2

Ingredients

Filling

- 300 g cooked chicken breast 鶏むね肉
- 120 g chickpeas, drained ひよこ豆
- 80 g avocado, diced アボカド
- 10 g walnuts, toasted and chopped くるみ
- 50 g renkon, small dice れんこん
- 75 g apple, finely diced りんご
- 30 g shallot or onion, finely minced エシャロット／玉ねぎ
- 2 T chopped parsley パセリ
- 1 T / 15 g lemon juice + zest of ½ lemon レモン

Dressing

- 170 g nonfat Oikos Greek yogurt オイコス無脂肪ギリシャヨーグルト
- 30 g mayonnaise マヨネーズ
- 2 tsp / 10 g Dijon mustard デイジョンマスタード
- ¾ tsp turmeric ターメリック
- ½ tsp cumin クミン
- ½ tsp cinnamon シナモン
- ¼ tsp salt + pinch MSG 塩+MSG
- Black pepper 黒こしょう

Wrap Version

- 2 medium flour tortillas (55–60 g each) フラワートルティーヤ

Salad Bowl Version

- 160–200 g mixed greens 葉物野菜

Instructions

1. Peel the **renkon** and cut into small dice. Lightly spray with oil and **air fry** at **190°C** for **8–10 minutes** until lightly crisp. Cool completely.
2. Toast the **walnuts** in a dry skillet for **2–3 minutes** and chop finely.
3. Whisk together the **yogurt, mayonnaise, Dijon mustard, turmeric, cumin, cinnamon, lemon juice, salt + MSG**, and **black pepper** until smooth.
4. Dice or shred the **cooked chicken**.
5. Combine **chicken, chickpeas, avocado, renkon, walnuts, apple, shallot, parsley**, and **lemon zest** in a large bowl.
6. Fold the dressing into the filling gently until evenly coated.
7. **Refrigerate 15–30 minutes** to allow flavors to blend.
8. **Wrap Version:** Divide filling between tortillas, roll tightly, and slice in half.
9. **Salad Bowl Version:** Divide greens between bowls and top with the chicken mixture.



Vegetable Side Suggestions

- Air Fryer Asparagus with Lemon (190°C, 5–7 minutes)
- Air Fryer Zucchini Coins (190°C, 10–12 minutes)
- Japanese Cabbage Salad with rice vinegar
- Cucumber-Tomato Salad with lemon and parsley

Notes

- The renkon provides excellent crunch with fewer calories than additional walnuts.
- Walnuts contribute flavor and Omega-3 while keeping calories controlled.
- The salad bowl version provides the best calorie-to-protein ratio.
- Filling keeps well overnight, though avocado is best the day it is prepared.

Nutrition – Wrap Version (Per Serving)

Kcal total: 480 | Protein: 47 g | Fat: 16 g | Sat Fat: 3 g | Carbs: 38 g | Sugars: 8 g
| Fiber: 8 g | Sodium: 540 mg | Omega-3: 0.2 g

Nutrition – Salad Bowl Version (Per Serving)

Kcal total: 375 | Protein: 46 g | Fat: 14 g | Sat Fat: 3 g | Carbs: 24 g | Sugars: 8 g
| Fiber: 8 g | Sodium: 515 mg | Omega-3: 0.2 g