

Helergon Kitchen

# Crispy Buffalo Chicken Wrap

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| **20 min**<br>Prep time | **15 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### For the Chicken

- [ ] 2 lb boneless, skinless chicken breasts
- [ ] 1 cup buttermilk
- [ ] 1 cup all-purpose flour
- [ ] 2 tsp smoked paprika
- [ ] 1 tsp salt
- [ ] 1 tsp pepper
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 3 tbsp vegetable oil (for frying)

### For the Buffalo Sauce

- [ ] 1 cup Frank's RedHot Buffalo sauce
- [ ] 2 tbsp melted unsalted butter
- [ ] 1 tsp Worcestershire sauce (optional)

### For the Wraps

- [ ] 6 large flour tortillas
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 cup shredded mozzarella cheese
- [ ] 2 cups romaine lettuce, shredded
- [ ] 1/2 cup ranch dressing

## Instructions

1. First, let's get that chicken soaking. In a large bowl, whisk together your buttermilk, 1 tsp salt, 1 tsp pepper, paprika, garlic powder, and onion powder until it's all blended. Add those chicken breasts in and make sure they're coated completely. Cover them up and let them nap in the fridge for at least 30 minutes, though honestly, if you have the time, up to 12 hours is just wonderful.

2. Now, in a separate shallow dish, mix your flour with 1 tsp salt, 1 tsp pepper, and smoked paprika. Use paper towels to pat the marinated chicken dry—it's a little extra step, but it helps the flour stick—then dredge each piece in the flour mixture, shaking off any excess.

3. Heat your vegetable oil in a large skillet over medium-high heat. You're looking for 350°F (175°C). Gently place the coated chicken in the oil and fry them, turning every 3-4 minutes. You want them golden brown and reaching an internal temperature of 165°F (74°C).

4. Use your tongs to move the chicken to a plate lined with paper towels to drain. Let them rest for 5 minutes—patience is key here—then slice them into thin strips.

5. Let's warm the tortillas. You can pop each one in a dry skillet over medium heat for about 30 seconds per side, or if you're in a rush, wrap them in foil and microwave for 20 seconds.

6. In a small saucepan or the microwave, combine the Frank’s RedHot Buffalo sauce, melted unsalted butter, and Worcestershire sauce if you're using it. Just warm it gently until it's smooth and ready to drizzle.

7. Time to assemble. On each warm tortilla, lay down a handful of shredded romaine lettuce, a generous portion of your sliced chicken, a sprinkle of shredded cheddar cheese and shredded mozzarella cheese, and then a little drizzle of ranch dressing and that lovely buffalo sauce.

8. Fold in the sides of the tortilla, then roll it tightly from the bottom up. If it feels like it might unravel, you can seal the edge with a tiny bit of water or a toothpick.

9. If you want an extra bit of crunch, place the completed wrap on a heated skillet for 1 minute per side, pressing lightly to seal it all shut.

10. Serve these immediately while they're hot. I love them with celery sticks and blue cheese dip or a fresh fruit salad on the side.

### Nutrition per serving

| 680 kcal | 45 g | 32 g | 38 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- The buttermilk marinade is what makes the chicken so tender; don't skip it if you can help it.
- Using a thermometer for the oil prevents the chicken from getting too greasy.
- Resting the chicken before slicing keeps the juices inside where they belong.