



Crunchy Tikka Chicken Wraps

Crunchy, flavoursome and refreshing - these wraps have it all. A beautifully balanced meal with plenty of protein, carbohydrate, and healthy fats. They are a great way to get in a hit of calcium too! The crispy onions boost the texture of the dish, while the mango chutney makes for great flavour.

Ingredients

- Chicken Fillet (Diced)
- Little Gem Lettuce
- Tikka Paste
- Cucumber
- Carrot
- Spring Onion
- Wholemeal Wraps
- Crispy Onion
- Natural Yoghurt
- Mango Chutney
- Mint

Your Pantry

- Olive Oil
- Salt

Nutritional Info

Calories: 537 kcal
Carbohydrates: 65.6g
Protein: 63.1g
Fat: 14.1g

Allergens


Milk (Yogurt)
Wheat (wraps)
Curry paste may contain traces of mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Prepare the chicken

Take a medium bowl and mix the tikka paste, a pinch of salt and the chicken together until the chicken is covered. Set aside to marinade

2) Prepare the vegetables

Peel the carrot, grate it, and transfer to a small bowl. Finely chop the spring onions and mint.

Grate the cucumber. Once grated, pick up a handful and give it a squeeze to get rid of excess water - even better if you have some kitchen paper available.

Slice the baby gem lettuce so that it fits nicely into wraps.

3) Make the raita

Mix the natural yoghurt, cucumber, spring onion, and mint together in a bowl and set aside.

4) Cook the chicken

Heat a non-stick frying pan to medium-high heat. Once the pan is nice and hot, drizzle in a little oil and lay the pieces of chicken down. Fry until golden and cooked through (approx 5-6 minutes).

Lift out of the pan and place on a plate.

5) Assemble the wraps

Warm the wraps slightly in the microwave (approx 10-20 seconds).

Assemble the wraps to your liking. Try spreading a teaspoon of the mango chutney across the centre of the wrap, followed by a generous tablespoon of the raita. Lay a bed of grated carrot down, followed by 2-3 pieces of chicken. Sprinkle the crispy onions over and finished with some lettuce leaves. Roll up the wraps and enjoy!



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