

SPEEDY TANDOORI CHICKEN CHAPATI WRAPS

with Cabbage Slaw





Use yoghurt to make a healthy slaw





Free-Range Chicken Thigh

White Cabbage





Cucumber

Coriander





Tandoori Paste



Chapati Wraps

Pantry Staples





Olive Oil

Hands-on: 20 mins Ready in: 25 mins

Eat Me Early

These speedy chapati wraps take inspiration from the taco to deliver an amazing Indian inspired feast, all of which can be eaten with one hand. Perfection!

BEFORE YOU START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, large bowl, medium bowl, spoon, large frying pan, wooden spoon and a microwave or sandwich press.



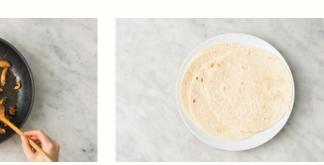
■ GET PREPPED Slice the **free-range chicken thigh** into 1 cm strips. Finely slice the white cabbage. Thinly slice the **cucumber** into 0.5 cm strips. Finely chop the coriander leaves.



MARINATE THE CHICKEN Place the chicken strips, the tandoori paste, the salt (use suggested amount) and a good drizzle of olive oil in a large bowl. Toss to coat the chicken and set aside to marinate. *TIP: If you have the time, allow the chicken to marinate for **30 minutes** to enhance the flavour and increase tenderness.



MAKE THE CABBAGE SLAW In a medium bowl, combine the white cabbage, 1/2 of the coriander and the Greek yoghurt. Season with a generous pinch of salt and pepper. Stir to coat the cabbage and set aside. *TIP: Using Greek yoghurt instead of mayonnaise is a healthier alternative and gives this slaw a nice tang.



COOK THE TANDOORI CHICKEN Heat a drizzle of olive oil in a large frying pan over medium-high heat. Once hot, add the tandoori chicken and cook for 4-5 minutes, tossing regularly, until the chicken is browned and cooked through. *TIP: Chicken tandoori is usually cooked over a hot flame giving it a blackened look, so don't worry if your chicken gets a little charred during cooking. It all adds to the flavour!



HEAT THE CHAPATI WRAPS Heat the **chapati wraps** on a plate in the microwave or in a sandwich press for 10 seconds, or until warmed through.



Divide the chapati wraps between plates and top with the cabbage slaw, the tandoori chicken and the cucumber strips. Sprinkle over the remaining coriander.



INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
free-range chicken thigh	1 packet	1 packet
white cabbage	1 portion	2 portions
cucumber	1	2
coriander	1 bunch	1 bunch
tandoori paste	1 tub (50 g)	2 tubs (100 g)
salt*	½ tsp	1 tsp
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
chapati wraps	4-6	8-12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2930kJ (700Cal)	539kJ (129Cal)
Protein (g)	46.9g	8.6g
at, total (g)	24.8g	4.6g
saturated (g)	6.5g	1.2g
Carbohydrate (g)	66.6g	12.2g
sugars (g)	11.9g	2.2g
Sodium (g)	1060mg	195mg

Based on 6 wraps (3 per serve)

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