



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



Greek Yoghurt



Chapati Wraps

Pantry Staples



Olive Oil



Salt

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**.



1 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.



2 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.



3 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.



4 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!



5 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.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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
Fat, 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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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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