



CHICKEN TIKKA WRAPS



INGREDIENTS

For the chicken:

- 2 teaspoons Tikka curry powder
- 2 dessertspoons lemon juice
- 2 chicken breasts – cut into 2cm strips
- 1 teaspoon vegetable oil

For the salad:

- ¼ cucumber – cut into 1cm chunks
- 2 tomatoes – cut into small pieces
- 4 spring onions – finely sliced
- juice of ½ lemon
- ¼ teaspoon ground cumin (optional)
- 1 tablespoon chopped coriander (optional)
- black pepper

For the wraps:

- 4 wholemeal wraps
- 4 teaspoons cream cheese
- 1 teaspoon mango chutney (or sweet chili sauce)

EQUIPMENT

- 2 mixing bowls, teaspoon, dessertspoon, chopping board, sharp knife, frying pan,

SERVES: 4

PREP TIME: 25 minutes

ALLERGENS: cereals containing gluten, milk

COOK TIME:

METHOD

- 1 Mix the curry powder and lemon juice together in a mixing bowl. Add the chicken and mix well. Cover and leave for at least 15 minutes to give the spices time to flavour the chicken.
- 2 Whilst the chicken is marinating, make the salad. Place the prepared vegetables in a mixing bowl, then add the lemon juice, cumin and coriander (if using) and mix together. Season with black pepper and cover until needed.
- 3 Heat the oil in the frying pan. Once hot, carefully add the chicken* and cook for 10-12 minutes until cooked, turning occasionally. Once cooked, leave to rest for 10 minutes.
- 4 To make the wraps, firstly mix together the cream cheese and mango chutney. Then with the back of a spoon, spread 1 teaspoon of the cream cheese mixture over each wrap. Finally add 2 dessert spoons of the salad and some chicken to the centre of the wrap.
- 5 To roll up the wraps, firstly fold over the two opposite sides to seal the edges. Then roll up firmly to enclose the filling. Finally cut in half to serve. Repeat this process until each wrap has been 'rolled up'.

HYGIENE NOTE!

Always remember to wash your hands after handling raw chicken.