



Butter Chicken Wraps

with Mint Raita



30 minutes



2 Portions

Quick and easy, these moreish wraps are just the ticket for a busy weeknight. In place of a heavy sauce, we've used butter chicken spices as a marinade for chargrilled chicken and paired it with a homemade cucumber raita and fresh salad. All wrapped up in soft, warmed pita, it's a delicious dinner solution that's light on the waist, too.

What we send

- 10g Indian masala seasoning ^{2,4}
- 100g Greek-style yoghurt ²
- free-range chicken tenderloins
- 2 pita breads ^{1,3}
- mint
- 1 tomato
- 1 Lebanese cucumber
- 70g mixed salad leaves

What you'll require

- sea salt and pepper
- 1 tbs olive oil

Utensils

- foil
- chargrill or frypan

- As all of our veggies come straight from the farm, we recommend giving them a rinse before use.
- Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Wheat (1), Milk (2), Soy (3), Sulphur dioxide and sulphites (4). May contain traces of other allergens.

Nutrition per serving

Energy 550kcal, Fat 16.9g, Proteins 39.7g, Carbs 54.5g



1. Make marinade

Preheat the oven to 180C. Combine the **Indian masala seasoning**, **1 tbs yoghurt** in a bowl and season with **salt**.



2. Marinate chicken

Add the **chicken** to the **yoghurt marinade** and stir to coat.



3. Prepare pita breads

Wrap the **pita breads** in foil and set aside. Pick the **mint** leaves, discarding the stems, and finely chop. Put **half the mint** and the **remaining yoghurt** in a bowl. Season with **salt** and stir to combine.



4. Make salad

Coarsely chop the **tomato**. Cut the **cucumber** into 1cm chunks. Put the tomato, cucumber, **1 tbs olive oil** and **remaining mint** in a bowl, season with **salt** and toss to combine.



5. Cook chicken

Cook the wrapped **pita** in the oven for 5 mins or until warmed through. Meanwhile, heat a chargrill pan or large frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until cooked through. Remove from pan and set aside to rest for 2 mins.



6. Get ready to serve

Thinly slice the **chicken**. Spread the **pita** with **yoghurt raita**, then top with **salad leaves, tomato and cucumber** and chicken. Roll up and serve with any remaining salad leaves and yoghurt raita.