

MARLEY SPOON



Vegetarian Tikka Wrap

with Raita



20-30min



2 Portions

There are some great plant-based meat products on the market that allow vegetarians to enjoy traditional meat dishes and here we've used plant-based chicken to produce a spicy and sensational chicken tikka wrap. With the crunch of baby cos, the creaminess of a garlic and mint raita and super soft chapati, these wraps deliver on flavour and texture.

What we send

- tomato
- chapati bread ¹
- plant based chick'n breast
- coriander, mint, 1 spring onion, 1 garlic clove
- Greek-style yoghurt ⁷
- baby cos lettuce
- mango chutney
- tikka masala curry paste

What you'll require

- salt and pepper
- vegetable oil

Utensils

- foil
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

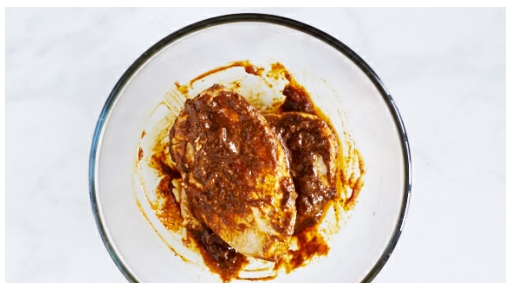
Unlike real chicken, there is no danger of food poisoning from under-cooked chick'n.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 545.0kcal, Fat 12.3g, Proteins 33.7g, Carbs 71.8g



1. Prepare fillets

Place the **protein, tikka paste**, 1 tbs **oil** and **mango chutney** in a large bowl and toss to coat. Marinate until required.



4. Cook protein

Preheat the oven grill to high. Place the **protein** on an oven tray lined with foil. Cook under the grill for 2-4 mins each side until charred and warmed through. Thickly slice. See cooking tip.



2. Prepare salad

Dice the **tomato**. Finely slice the **spring onion**. Pick the **coriander** leaves and discard stems. Trim the **lettuce** and separate the leaves.



5. Warm chapati

Reduce grill to low. Wrap the **bread** in foil and place under the grill for 2-3 mins until warm.



3. Make raita

Place the **yoghurt** in a bowl. Finely chop the **garlic**. Pick the **mint** leaves (discard stems) and finely chop. Stir the **garlic** (the garlic flavour can be strong, you may only need to add half) and mint through the yoghurt and season with **salt and pepper**.



6. Assemble wraps

Lay the **bread** flat on a board and arrange **lettuce** along the middle. Top with the **tomato, onion, coriander** leaves and **chicken**. Spoon over the **raita**, roll and serve.