



## Butter Chicken Wraps

with Mint Raita



20-30min



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

- free-range chicken breast fillet
- tomato
- Greek yoghurt <sup>7</sup>
- Greek pita bread <sup>1,6</sup>
- Lebanese cucumber
- mint
- mixed salad leaves
- Indian masala <sup>17</sup>

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- foil

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

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



### 1. Make marinade

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



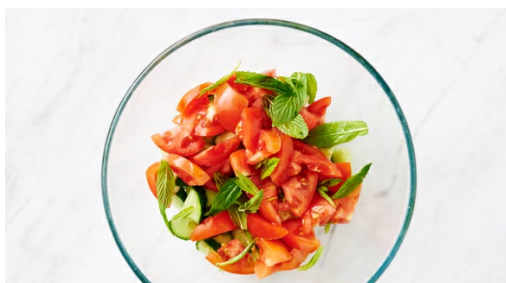
### 2. Marinate chicken

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.