

Butter Chicken Wraps

with Mint Raita



20-30min



4 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

- Greek pita bread ^{1,6}
- free-range chicken breast fillets
- mixed salad leaves
- spice, indian masala, seasoning ¹⁷
- Lebanese cucumber, tomato
- Greek yoghurt ⁷
- mint

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.

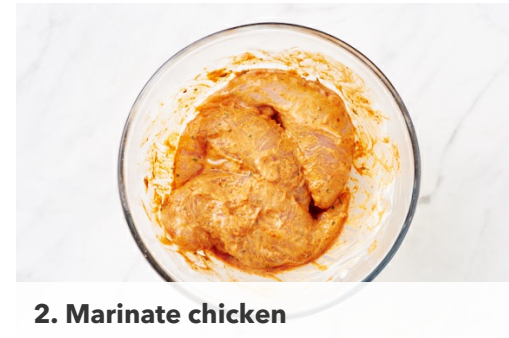
Nutrition per serving

Energy 545kcal, Fat 16.7g, Carbs 54.4g, Proteins 39.3g



1. Make marinade

Preheat the oven to 180C. Combine the **Indian masala seasoning**, **2 tbs yoghurt** in a bowl and season with **salt**.



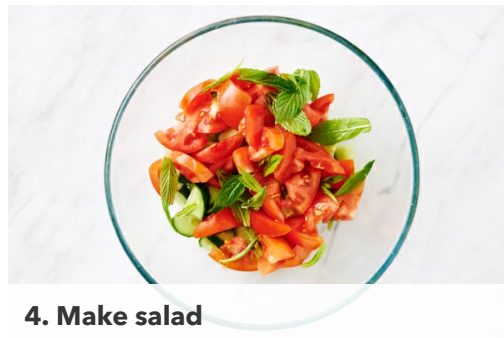
2. Marinate chicken

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



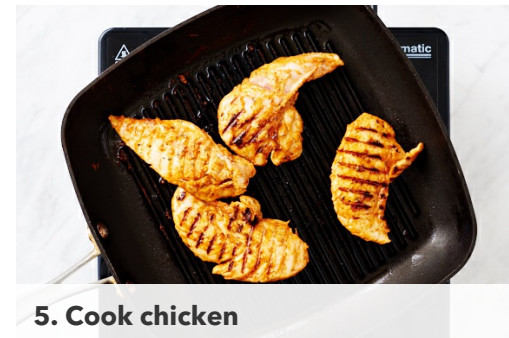
3. Prepare pita breads

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.



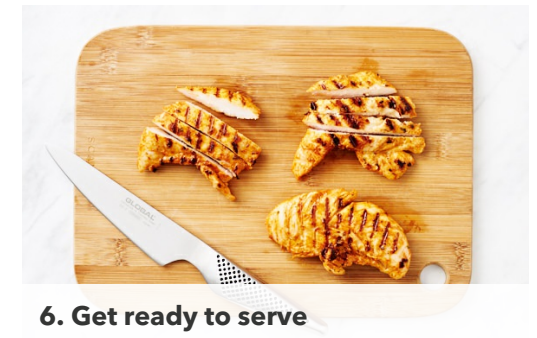
4. Make salad

Coarsely chop the **tomatoes**. Cut the **cucumbers** 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.