



Cooking Made Easy

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## Tandoori Chicken Pockets with Cooling Yoghurt

The name tandoori originates from the 'tandoor', a cylindrical clay oven in which the dish is traditionally roasted. But don't worry! Our Head Chef has created this easy recipe and any oven will do! With inspiration from South Asia, this colourful dish tingles the taste-buds by marinating the chicken in yoghurt and seasoning with a special blend of spices. Alongside the cooling yoghurt, it's the perfect level of spicy tucked into tasty wholemeal pitas! Delish!



35 min



spicy



Natural Yoghurt



Tandoori Spice Blend



Chicken Breast



Red Onion



Baby Gem Lettuce



Vine Tomato



Carrot



Cucumber



Wholemeal Pita Bread

## Ingredients

	2P	4P
Natural Yoghurt <b>1</b>	4 tbsp	8 tbsp
Tandoori Spice Blend <b>2</b>	1 tbsp	2 tbsp
Chicken Breast, skin on	2	4
Red Onion, diced	2/3 cup	1 1/2 cups
Baby Gem Lettuce, shredded	1	2
Vine Tomato, cubed	2	4
Carrot, grated	1/3 cup	2/3 cup
Cucumber, cubed	1/4	1/2
Wholemeal Pita Bread <b>3</b>	2	4

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Milk | 2) Mustard

3) Gluten

**Nutrition per serving:** Calories: 527 kcal | Protein: 51 g | Carbs: 57 g | Fat: 11 g | Saturated Fat: 3 g



**1** Turn the grill onto its highest setting. Mix 1 tbsp of natural yoghurt with the tandoori spice blend and 1/4 tsp of salt to make a thick paste. **Tip:** *Cut a few slashes into your chicken breasts, this will allow the marinade to work faster.*

**Tip:** *We've given you skin on chicken as we think it works better, but take the skin off if you prefer.*

Coat the chicken breasts with the tandoori mix and leave to marinate for as long as you can.

*cooked when it is no longer pink in the middle.*



**2** Peel the onion and finely dice. Cut the gem lettuce in half lengthways and then cut widthways, shredding it finely. Chop the tomatoes into small cubes. Peel and grate the carrot.

**5** Toast your pita breads until they are slightly golden and puffed up. **Tip:** *For more communal eating (and less prep!) chop the pitas in half to make 6 little pockets and put them in a bowl on the dinner table.*



**3** Cut the cucumber in half lengthways and scoop out the seeds with a spoon. Cut lengthways again into 1cm wide strips. Cut widthways into 1cm cubes.

**6** Serve all the other ingredients in bowls and let people get stuck in and make their own. Top with a dollop of the remaining natural yoghurt seasoned with some salt and pepper.



**4** When your grill is hot, lay the chicken out on a tray and put on the top shelf. Grill for 10 mins on each side and allow to char slightly. Once cooked, allow the chicken to rest for a few minutes and then slice. **Tip:** *Your chicken is*