



More Than Food
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Chicken Tandoori Wraps with Bombay Potatoes

Turmeric has become quite the popular spice. This is because it contains a chemical called curcumin, which has great anti-inflammatory properties. These anti-inflammatory traits make it useful in treating joint, digestive and heart conditions. You may have seen trendsetters adding it to all sorts of foods, even their coffee! We have used it in a more traditional manner in these tasty wraps.

40 mins

2 of your 5 a day

mild

family box

mealkit



New Potatoes (2 pack)



Onion (1)



Chicken Thigh (8)



Natural Yoghurt (1 pot)



Tandoori Spice Mix (1 1/2 tsp)



Garlic Clove (1)



Coriander (1 bunch)



Baby Gem Lettuce (1)



Lime (1)



Vine Tomato (2)



Turmeric (3/4 tsp)



Mustard Seeds (2 tsp)



Water (50ml)



Wholemeal Wraps (8)

4 PEOPLE INGREDIENTS


- New Potatoes, quartered
- Onion, sliced
- Chicken Thigh
- Natural Yoghurt
- Tandoori Spice Mix
- Garlic Clove, grated
- Coriander, chopped

- 2 packs** • Baby Gem Lettuce, shredded
- 1** • Lime
- 8** • Vine Tomato, chopped
- 1 pot** • Turmeric
- 1½ tsp** • Mustard Seeds
- 1** • Water
- 1 bunch** • Wholemeal Wraps
- 1**
- 1**
- 2**
- ¾ tsp**
- 2 tsp**
- 50ml**
- 8**

Allergens: Milk, Mustard, Gluten.

Nutrition as per prepared and listed ingredients

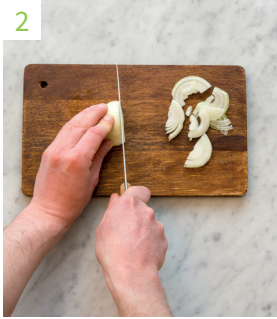
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	679 kcal / 2673 kJ	22 g	5 g	72 g	12 g	20 g	3 g
Per 100g	111 kcal / 465 kJ	4 g	1 g	12 g	2 g	3 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

A ripe lime is actually yellow in colour, not green.

2



1 Put a pot of water on high heat and add a generous pinch of **salt**. Cut the **new potatoes** into quarters and pop them into the pot. Lower the heat to medium and cook for 20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through.* Drain into a colander. Don't bother washing the pot, we'll use it again later.

2 While your potatoes cook, cut the **onion** in half through the root, peel and then thinly slice into half moon shapes. Keep to one side.

3 Next, marinate the **chicken**. Pop your **chicken** into a bowl with the **yoghurt** and a good pinch of **salt**. Add the **tandoori spice**, mix and stir well to coat your **chicken**.

4 Peel and grate the **garlic** (or use a garlic press if you have one). Separate the **coriander leaves** from their stalks. Chop the **stalks** as small as you can and roughly chop the **leaves**. Mix your **coriander stalks** and **garlic** into your marinating **chicken**.

5 Preheat your grill to its highest setting and then get on with the rest of your prep. Remove the root from the **baby gem lettuce** and separate the **leaves**. Carefully shred the **leaves** into 2cm strips. Zest and juice the **lime**. Mix your **baby gem leaves** with your **coriander leaves** and **lime zest**. We'll dress the leaves just before serving. Chop the **tomato** into 2cm chunks.

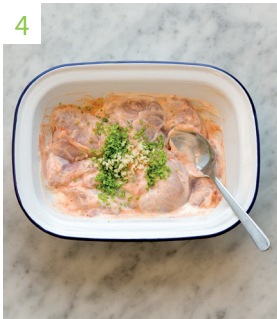
6 Pop your **chicken** on a foil lined baking tray and grill for 15-18 mins. You want it to scorch so keep the heat high! Turn half way through cooking to ensure it cooks evenly. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

7 While your chicken cooks, finish off your **Bombay potatoes**. Heat a large saucepan over medium heat and add a splash of **oil**. Cook your **onion** for 2 mins and then stir in the **turmeric** and **mustard seeds**. Add your **potatoes**, the **water** (amount specified in the ingredient list) and your **tomato**. Stir to make sure your **potatoes** are well coated in the spices and then leave to simmer for 5 mins. **Tip:** *The water should boil away and the tomato begin to soften.* After 5 mins, season with a good pinch of **salt** and keep warm with the lid on.

8 To make your salad dressing, mix the **lime juice** with an equal quantity of **oil** and a pinch of **salt**. Pour over your **baby gem leaves** and toss well.

9 When your chicken is cooked, allow it to cool for a few mins and then slice it widthways into 2cm strips. Fill each **wrap** with some **chicken** and a good portion of your **baby gem leaves**. Roll up, then serve with a generous helping of **Bombay potatoes**. Yum!

4



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