

Curried Chicken Tortillas with yoghurt and shredded carrot salad

Calorie Smart 25-30 mins













Salad Leaves

Onion

Tortilla















Carrot

Tomato Paste





Yoghurt

Sweet Chilli Sauce

Pantry Items: Salt, Pepper, Oil, Water







Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need Grater, zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Lemon	1 unit	2 units
Salad Leaves	120 g	240 g
Onion	1 unit	2 units
North Indian Style Spice Mix	2 sachets	4 sachets
Tortilla	8 unit	16 units
Garlic	1 unit	2 units
Chilli	1 unit	2 units
Carrot	1 unit	2 units
Tomato Paste	1 tin	2 tins
Yoghurt	75 g	150 g
Sweet Chilli Sauce	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	576 g	100 g
Energy (kJ/kcal)	2661 kJ/ 636 kcal	462 kJ/ 110.4 kcal
Fat (g)	14.1 g	2.4 g
Sat. Fat (g)	6.8 g	1.2 g
Carbohydrate (g)	86.3 g	15 g
Sugars (g)	26 g	4.5 g
Protein (g)	43.9 g	7.6 g
Salt (g)	2.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

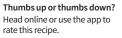
Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact







Get Prepped

- Preheat the oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press). Trim and coarsely grate the **carrot** (no need to peel).
- Zest and halve the **lemon**.
- Halve the **chilli** lengthways, deseed and finely chop.

TIP: If you want to avoid turning on your oven, you can dry-fry the tortillas in a pan instead!



Warm the Tortillas

• Pop the **tortillas** into the oven to warm through, 1-2 mins.



Cook the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the chicken and onion. Season with salt and pepper.
- Fry until chicken is golden all over, 6-8 mins.
 IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



Add Some Spice

- Add the garlic, lemon zest, tomato paste, North Indian spice mix and sweet chilli sauce to the pan.
- Mix well and simmer, stirring, until **chicken** is cooked through, 1-2 mins. **IMPORTANT**: Chicken is cooked when no longer pink in the middle.
- Remove the pan from the heat.

TIP: Add a splash of water to loosen the sauce if you feel it's too thick.



Assemble the Salad

- Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice widthways.
- Add the shredded carrot and baby gem to a salad bowl.
- Squeeze in some **lemon** juice and a drizzle of **oil**.
- Season with salt and pepper then toss to combine.
- Cut any remaining **lemon** into wedges for squeezing over.



Garnish and Serve

- When everything is ready, divide the warmed **tortillas** between plates.
- Top your tortillas with a handful of salad, the curried chicken and a dollop of cooling yoghurt.
- Serve any remaining **carrot** and **baby gem** salad alongside.
- Finish with a sprinkling of chopped **chilli** (use less if you don't like spice).

Enjoy!

