



Curried Chicken Tortillas

with yoghurt and shredded carrot salad

Calorie Smart 25-30 mins

16



Diced Chicken Breast



Lemon



Salad Leaves



Onion



North Indian Style Spice Mix



Tortilla



Garlic



Chilli



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

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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.



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.



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.



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!