



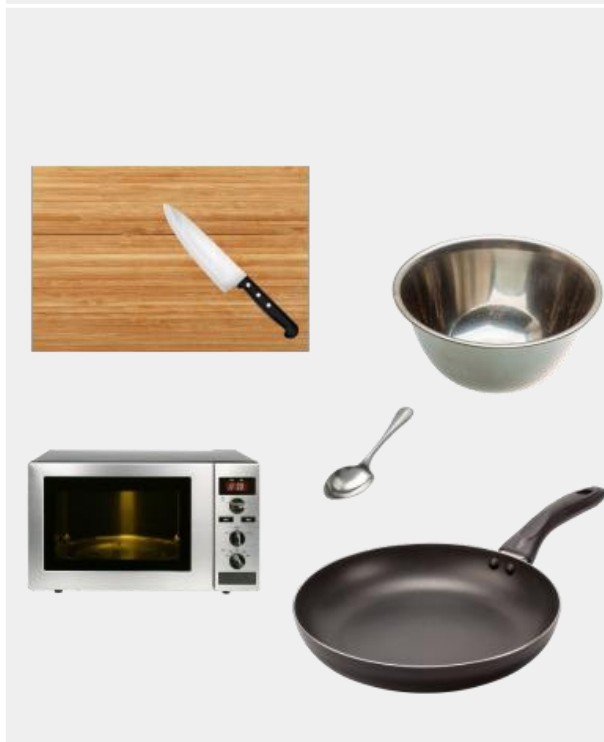
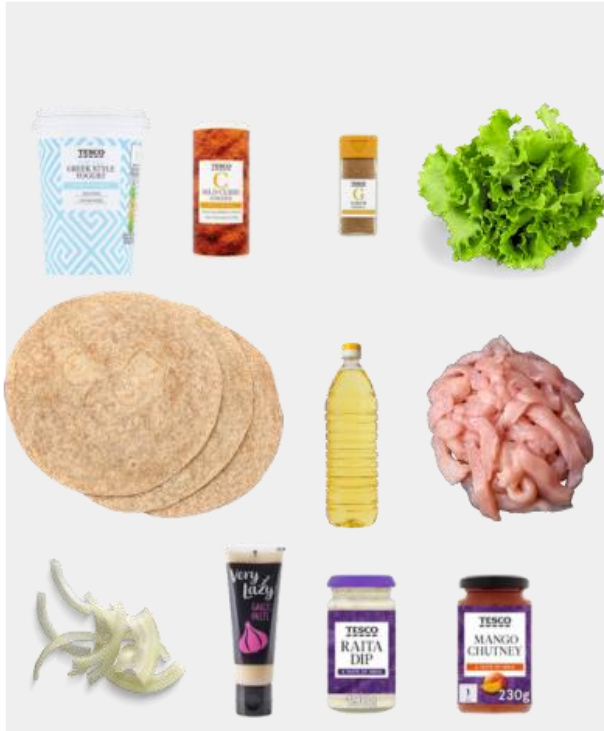
Chicken Tikka Wrap

Shopping List:

**400g sliced chicken.
Garam Masala.
Low Fat Yoghurt.
Mild Curry Powder.
Garlic Paste.
Sunflower Oil.
Thinly Sliced Onion.
Tortillas.
Mango Chutney.
Shredded Lettuce.
Raita Dip.**

Gather Utensils:

**A pan.
A plate.
A tablespoon.
A chopping board.
A teaspoon.
Chopping board.
A bowl.
A knife.
A Microwave**





Chicken Tikka Wrap

Step 1.

Add 4 tablespoons of greek yoghurt to the bowl.



Step 2.

Add 2 teaspoons of curry powder to bowl.



Step 3.

Add 2 teaspoons of garam masala to the bowl.





Chicken Tikka Wrap



Step 4.

**Add 2 teaspoons of
garlic paste to the bowl.**



Step 5.

**Add the sliced chicken
to the bowl and mix.**



Step 6.

**Slice the onion on a
chopping board.**



Be safe when using a
kitchen knife.



Chicken Tikka Wrap



Step 7.

Turn on cooker to medium/high heat.



Step 8.

Add two tablespoons of oil to the pan.

Place pan on cooker.



Step 9.

Wash and cut the tomatoes.

Stay safe when using a knife.



Chicken Tikka Wrap



Step 10.

Cook the onion in the pan until soft and golden.



Step 11.

Cook the chicken on the pan until coloured and tender.



Step 12.

Add tortillas to a plate and microwave for 30seconds.





Chicken Tikka Wrap



Step 13.

Add cooked chicken and onions to wrap.



Step 14.

Add two teaspoons of mango chutney.



Step 15.

Add two teaspoons of raita.





Chicken Tikka Wrap



Step 20:

Add the lettuce to the wrap.



Final Step:

Wrap and Enjoy !

Each wrap is 456 calories.

Recipe makes four wraps.