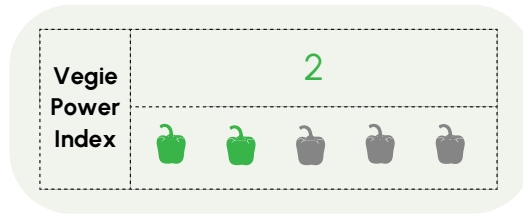


Tandoori Chicken Wraps



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 30 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Skinless chicken breast	800g	2000g	4000g
Plain natural yoghurt	200g	500g	1000g
Tandoori paste	100g	250g	500g
Lebanese wrap (medium)	10 only	25 only	50 only
Cos Lettuce leaves, torn	30 only	75 only	150 only
Continental cucumber, cut into strips	300g	750g	1500g

METHOD

1. Preheat oven to 180°C
2. Mix yoghurt and tandoori paste together and coat the chicken well in the mixture
3. Bake in oven until chicken is cooked (approx. 20 minutes)
4. Slice chicken thinly and mix with juices in baking tray
5. Place cos lettuce leaves on wrap.
6. Place 70g of cooked chicken onto cos lettuce
7. Place 30g of cucumber onto chicken and lettuce
8. Roll wrap very tightly making sure the chicken stays in the cos lettuce so that the wrap does not become soggy.

VARIATIONS

- Can be cut and served as a half or full wrap depending on student demographic
- This must be rolled tightly or wrap will fall apart when cut or eaten.
- Additional reduced fat yoghurt can be added if mix is dry
- Use all cooking liquid from chicken in the mixture as this is where most of the flavour will be.
- Substitute chicken legs for the breast meat and these can be sold as tandoori chicken legs