

# Chicken flatBreads

Mildly spiced bush curry chicken wrapped with crunchy salad ingredients and a cooling yoghurt sauce in rustic flatbreads.

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# FROM YOUR BOX

BUSH CURRY SPICE MIX	1 sachet
NATURAL YOGHURT	1 tub
DICED CHICKEN BREAST	300g
BABY COS LETTUCE	1
CARROT	1
ΤΟΜΑΤΟ	1
LEBANESE FLATBREAD	1 packet

## FROM YOUR PANTRY

oil for cooking, salt

# cooking tools

oven tray

Serve the chicken with potatoes and salad if you prefer! Or swap the yoghurt for coconut milk to make a simple curry.

#### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - flatbreads are replaced with GF wraps.



#### 1. MaRinate the chicken

Set oven to 220°C.

Reserve <u>1 tbsp bush curry spice mix</u> and combine the rest with <u>1 tbsp</u> <u>yoghurt</u> and **1 tbsp oil** in a bowl. Add chicken and stir gently to coat.



#### 2. Bake the chicken

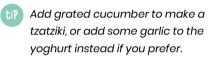
Arrange chicken on a lined oven tray. Season with **salt** and bake for 15 minutes or until cooked through.

You can add diced carrot and tomato to the tray if you like.



#### 3. Mix the YoghuRt Sauce

Mix yoghurt with reserved <u>1 tbsp bush</u> <u>curry spice mix</u>. Set aside in the fridge until serving.





### 4. PRePare the SaLaD inGReDientS

Trim and shred lettuce, grate carrot and dice (or slice) tomato.

Add any other favourite ingredients such as capsicum, cucumber, avocado, or even cooked potatoes!



#### 5. warm the flatBread (oPtional)

Wrap flatbreads (use to taste!) in baking paper and warm in the oven for 3-4 minutes.



#### 5. finish and serve

Serve everything at the table for everyone to assemble their own flatbread with chicken, fresh salad ingredients and yoghurt sauce.