

for the  
little onesBread  
& Dip or  
yoghurtSliced  
Chicken Wrap

# Chicken flatBreads

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



30 Minutes



2 Servings



Chicken

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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
TOMATO	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.

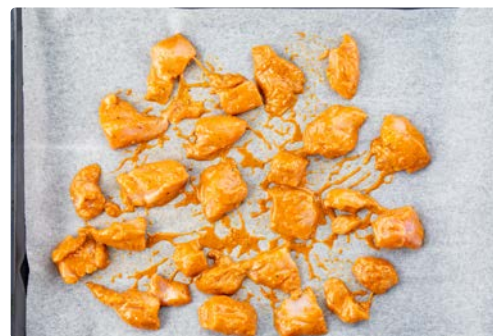
Reserve 1 tbsp **bush curry spice mix** and combine the rest with 1 tbsp **yoghurt** and 1 tbsp **oil** in a bowl. Add **chicken** and stir gently to coat.



### 4. Prepare the salad ingredients

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

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



### 2. Bake the chicken

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

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



### 5. Warm the flatbread (optional)

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



### 3. Mix the yoghurt sauce

Mix yoghurt with reserved 1 tbsp **bush curry spice mix**. Set aside in the fridge until serving.

**tip** Add grated cucumber to make a tzatziki, or add some garlic to the yoghurt instead if you prefer.



### 5. Finish and serve

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