



FOR THE  
LITTLE ONES

BREAD  
& DIP OR  
YOGHURT



SLICED  
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

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	12g	41g

## 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** for step 3.

Combine the **remaining spice** 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.



### 6. Finish and serve

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