

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



4 Servings



Chicken

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FROM YOUR BOX

BUSH CURRY SPICE MIX	1 sachet
NATURAL YOGHURT	1 tub (170g)
DICED CHICKEN BREAST	600g
BABY COS LETTUCE	1
CARROTS	2
TOMATOES	2
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.



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 tomatoes to the tray if you like.



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.



4. Prepare the salad ingredients

Trim and shred lettuce, grate carrots and dice (or slice) tomatoes.

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



5. Warm the flatbread (optional)

Wrap flatbreads 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.