



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

 4/6 Servings

 Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	10g	42g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUSH CURRY SPICE MIX	1 sachet	2 sachets
NATURAL YOGHURT	1 tub	2 tubs
DICED CHICKEN BREAST	600g	600g + 300g
BABY COS LETTUCE	1	2
CARROTS	2	3
TOMATOES	2	3
LEBANESE FLATBREAD	1 packet	2 packets

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.

No gluten option - flatbreads are replaced with GF wraps.



1. MARINATE THE CHICKEN

Set oven to 220°C and reserve **1 tbsp bush curry spice mix** for step 3.

Combine remaining spice with **1 tbsp yoghurt** and **1 tbsp oil** in a bowl. Add **chicken** and stir gently to coat.

6P - reserve 2 tbsp bush curry spice mix and combine the rest with 2 tbsp yoghurt and 2 tbsp oil in a bowl.



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.

6P - mix yoghurt with reserved 2 tbsp bush curry spice mix.

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**.