



U C O O K

— COOKING MADE EASY

CHICKEN TIKKA ROTI WRAPS

with crispy chickpeas & dried cranberries

Subbing in a roti for a wrap may be the tastiest life-hack of all time! We've wrapped these buttery beauties around roast chicken, chickpeas, onion, and garlic, tikka-spiced chicken, and tangy cucumber raita.

Prep + Active Time: 15 minutes

Total Cooking Time: 25 minutes

 **Serves:** 1 person

 **Chef:** Tess Witney

 **Easy Peasy**

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Ingredients

120g	Chickpeas <i>drained & rinsed</i>
1	Onion <i>one half peeled & cut into thin wedges</i>
1	Garlic Clove
150g	Free-Range Chicken Mini Fillets
15g	Tikka Curry Paste
50g	Cucumber <i>diced</i>
27.5ml	Raita Dressing <i>(20ml white wine vinegar & 7.5ml honey)</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
100ml	Plain Yoghurt
2	Wholewheat Rotis
20g	Gem Lettuce <i>rinsed & roughly shredded</i>
15g	Dried Cranberries <i>roughly chopped</i>

From Your Kitchen

Salt & Pepper
Paper Towel
Water
Oil (cooking, olive or coconut)

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. ROAST VEGGIES

Preheat the oven to 180°C. Place the drained chickpeas, the onion wedges, and the whole, unpeeled garlic clove on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 20-25 minutes until the chickpeas are crispy and golden, shifting halfway.

3. MARINATE THE CHICKEN

Rinse the chicken mini fillets to get rid of any residue and pat dry with some paper towel. Place the chicken mini fillets in a bowl with a drizzle of oil and the Tikka Curry Paste to taste. Season to taste, toss to coat, and set aside to marinade until it's time to fry.

4. TIME TO MAKE RAITA!

In a bowl, combine the yoghurt, the diced cucumber, and the Raita Dressing to taste. Mix in three-quarters of the chopped coriander and set aside for serving.

5. BUTTERY ROTIS

When the chickpeas and onions have about 10 minutes to go, place a dry, nonstick pan over a medium heat. Heat up the rotis for about 1 minute per side until warmed through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat in the microwave for 30-60 seconds. Or, if you prefer, heat in the oven for 2-3 minutes. Once heated, stack on a plate on top of one another to keep warm.

6. FRIED TIKKA CHICKEN

Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken for 2-3 minutes per side until cooked through and golden. On completion, season to taste and remove from the pan. Set aside to rest for 3 minutes before serving.

7. ALMOST READY

When the roast is done, remove the garlic from the tray and discard the skin. Add the garlic flesh to the cucumber raita and mix well until combined.

8. ASSEMBLE YOUR ROTIS!

Lay out the rotis. Cover with the shredded lettuce, roast onions, and crispy chickpeas. Top with the chicken mini fillets and dollop over the homemade cucumber raita. Garnish with chopped cranberries and the remaining chopped coriander. Wrap up and eat up. Yum!

Nutritional Information

Per 100g

Energy (kJ)	602
Energy (kcal)	144
Protein	9
Carbs	19
of which sugars	4
Fibre	2
Fat	2
of which saturated	0
Salt	0

Cook within: 3 days

Allergens: Gluten Dairy Allium Wheat Sulphites Soy

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❤️ Family Friendly

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