



UCOOK

Chicken Tikka Roti Wraps

with roast chickpeas, cucumber raita & dried cranberries


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


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Tess Witney

 Easy Peasy

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

360g	Chickpeas <i>drained & rinsed</i>
2	Onions <i>1½ peeled & cut into thin wedges</i>
2	Garlic Cloves
45ml	Spice & All Things Nice Tikka Curry Paste
450g	Free-range Chicken Mini Fillets
300ml	Plain Yoghurt
150g	Cucumber <i>finely diced</i>
12g	Fresh Mint <i>rinsed, picked & finely chopped</i>
75ml	Raita Dressing <i>(60ml White Wine Vinegar & 15ml Honey)</i>
6	Wholewheat Rotis
60g	Green Leaves <i>rinsed</i>
45g	Dried Cranberries

From Your Kitchen

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

1. ROAST VEGGIES Preheat the oven to 200°C. Place the drained chickpeas, onion wedges, and the whole, unpeeled garlic cloves on a roasting tray. Coat in oil and seasoning, and spread out in a single layer. Roast in the hot oven for 25-30 minutes until the chickpeas are crispy and golden, shifting halfway.

2. TIKKA MARINADE & MINTY RAITA In a bowl for marinating the chicken, combine the curry paste (to taste) with a generous drizzle of oil. Rinse the chicken to get rid of any residue from the packet, pat dry with paper towel, and add to the bowl. Season, toss to coat, and set aside to marinate until frying. In a bowl, combine the yoghurt, the diced cucumber, and ¾ of the chopped mint. Mix in the raita dressing to taste and set aside for serving.

3. FLAKY ROTIS When the chickpeas and onions have 10 minutes remaining, place a large, nonstick pan over a medium heat. Heat 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 and cover with a tea towel to keep warm.

4. FRIED CHICKEN TIKKA Return the pan to a medium heat with a drizzle of oil and a knob of butter. 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.

5. FINAL TOUCHES When the roast is ready, remove the garlic from the tray, discard the skin, and roughly chop the flesh. Mix through the raita until well combined. Roughly chop the dried cranberries.

6. ASSEMBLE YOUR ROTIS Lay out the warm rotis. Cover in rinsed green leaves and dollop over the raita. Top with the onions, crispy chickpeas, and chicken tikka. Garnish with the chopped cranberries and the remaining mint. Wrap up and eat up!



Chef's Tip

Garlic contains an amino acid called allicin, which is potent in fresh garlic. It has antiviral and antibacterial properties. Plus, they make any savoury dish so much more flavourful!

Nutritional Information

Per 100g

Energy	606kJ
Energy	145Kcal
Protein	8.8g
Carbs	19g
of which sugars	4.2g
Fibre	3.1g
Fat	3g
of which saturated	0.6g
Sodium	173mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days