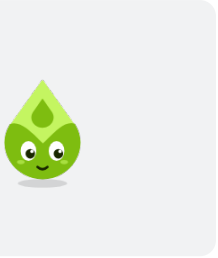
Lunch

# Warm Chapatti Wraps with Tandoori Chicken

Warm chapattis are filled with creamy tandoori chicken and a crunchy salad of red pepper, red onion and fresh coriander, then rolled up for a quick handheld meal.



Low fat | Low sugar

| 10 min | 311 | 31.9 g | 4.8 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 2 servings

- [ ] half red pepper, thinly sliced
- [ ] half red onion, thinly sliced
- [ ] handful fresh coriander, roughly chopped
- [ ] juice half lime
- [ ] 1 tbsp fat-free Greek yogurt
- [ ] 1 tsp tandoori paste
- [ ] 100 g cold, cooked chicken, chopped
- [ ] 2 chapattis (approx. 60g each)
- [ ] 2 handfuls mixed salad leaves

## Nutrition Facts

Per serving

| Calories | 311 |
|---|---|
| **Total fat** | 10.1 g |
| Saturated fat | 0.5 g |
| **Sodium** | Not listed |
| **Total carbs** | 31.9 g |
| Fiber | 1.9 g |
| Total sugars | 4.8 g |
| **Protein** | 22.2 g |

## Method

- [ ] 1 Combine the thinly sliced red pepper and red onion in a bowl with the roughly chopped fresh coriander, squeeze in the juice of half a lime, give it all a good mix and put to one side.
- [ ] 2 In a separate bowl, blend the tandoori paste into the fat-free Greek yogurt until evenly combined, then stir the chopped cold, cooked chicken through the mixture.
- [ ] 3 Set a dry frying pan over a medium heat to preheat, then lay the chapattis in it and leave them for 45 seconds on each side so they warm through.
- [ ] 4 Spread the tandoori chicken over half of each warmed chapatti, scatter the mixed salad leaves on top and finish with the red pepper and red onion mixture.
- [ ] 5 Roll up the filled chapattis, tucking in the sides as you go, and enjoy.

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