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Chicken Tikka Wrap

Shopping List:

400g sliced chicken.
Garam Masala.
Low Fat Yoghurt.
Mild Currry Powder.
Garlic Paste.
Sunflower Oil.
Thinly Sliced Onion.
Tortillas.
Mango Chutney.
Shredded Lettuce.
Raita Dip.

Gather Utensils:

A pan.
A plate.
A tablespoon.
A chopping board.
A teaspoon.
Chopping board.
A bowl.
A knife.
A Microwave

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Step 1.

Add 4 tablespoons of greek yoghurt to the bowl.

Step 2.

Add 2 teaspoons of curry powder to bowl.

Step 3.

Add 2 teaspoons of garam masala to the bowl.

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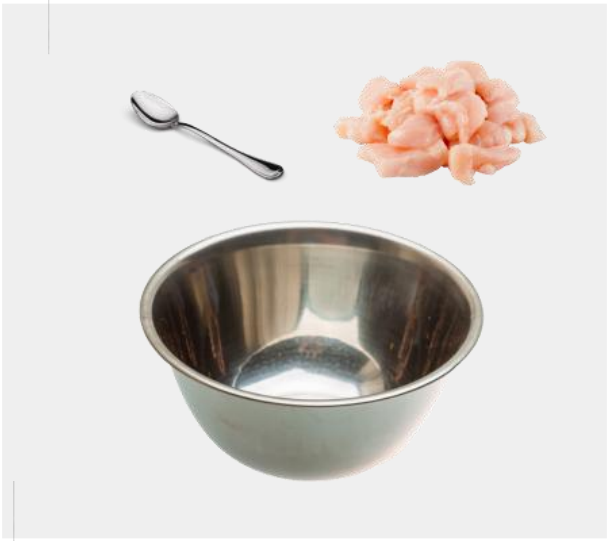
Step 4**.**

Add 2 teaspoons of garlic paste to the bowl.



Step 5.

Add the sliced chicken to the bowl and mix.

Step 6.

Slice the onion on a chopping board.

Be safe when using a kitchen knife.

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Step 7.

Turn on cooker to medium/high heat.

Step 8.

Add two tablespoons of oil to the pan.

Place pan on cooker.

Step 9.

Wash and cut the tomatoes.

Stay safe when using a knife.

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Step 10.

Cook the onion in the pan until soft and golden.

Step 11.

Cook the chicken on the pan until coloured and tender.

Step 12.

Add tortillas to a plate and microwave for 30seconds.

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Step 13.

Add cooked chicken and onions to wrap.

Step 14.

Add two teaspoons of mango chutney.

Step 15.

Add two teaspoons of raita.

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Step 20:

Add the lettuce to the wrap.

Final Step:

Wrap and Enjoy !

Each wrap is 456 calories.

Recipe makes four wraps.