

Chicken Tikka Wraps



Method

Combine the marinade ingredients together and marinate the chicken strips overnight in the fridge (or for a minimum of 2 hours).

To make the raita, grate the cucumber and squeeze off the excess liquid. Combine all ingredients in a bowl and set aside in the fridge to chill.

Prepare the salad and set aside.

Prepare the vegetables.

To cook the Chicken Tikka place on a hot plate, skillet or griddle. Brush with ghee/oil/butter whilst cooking.

As an option cook the prepared vegetable on the same hot plate for a few minutes. Serve with the Chicken Tikka.

Place on the table to serve. Assemble the wrap by placing a small amount of the Chicken Tikka, vegetables, raita, salad and Sri Lankan Mango chutney inside. Roll up and enjoy! These are delicious.

Ingredients

Marinade

- ½ cup natural yoghurt
- 2 tsp [Mudgeeraba Spices Chicken Tikka Masala](#)
- ½ tsp salt
- 1 tbsp honey (optional)
- Tandoori Colour (optional)
- 500g skinless chicken breast sliced into 1cm strips

Raita

- 1 cup Greek yoghurt
- 1 finely grated Lebanese cucumber
- Salt to taste

Salad

- 100g thinly sliced red onion
- 100g thinly sliced tomato
- ½ cup finely chopped fresh coriander
- Lime juice to taste

Vegetables (optional)

- 1 capsicum sliced
- 1 onion sliced

[Mudgeeraba Spices Sri Lankan Mango Chutney](#)

- 1 packet of wraps