

Chicken Tikka Wraps

Ingredients

- 150ml pot of natural yoghurt
- 2tbsp tikka masala paste
- 2 chicken breasts
- 1/2 small cucumber
- 1 tomato
- 1 green chilli (optional)
- 1 small onion
- 4tbsp fresh coriander
- 4 flour tortilla wraps or chapatis

Equipment

- 2 mixing bowls
- Red chopping board
- Green chopping board
- 2 sharp knives
- Skewers

1. Preheat the grill.
2. Chop the chicken breasts using the red chopping board.
3. Put into a bowl and add the yoghurt and tikka paste. Stir together and leave to one side while you prepare the salad.
4. Chop the cucumber, tomato, chilli, onion and coriander using the green chopping board. Leave to one side until you need to serve.
5. Push the chicken onto the skewers and grill for about 10 minutes. Keep turning them so they cook evenly.
6. Once the chicken is cooked serve with the salad and tortillas or chapattis.