

Madras Chicken Wrap

ingredients

- 24 Green Gourmet Chicken Breast fillet 57g
- 4 tblsp vegetable oil
- 2 tblsp madras curry powder
- 2½ tblsp flour, plain white
- ¾ pint water
- 24 tortillas or flatbreads
- 1 medium cucumber, diced
- 300g low fat mayonnaise

cooking instructions

- ❖ Place the frozen chicken fillets into a lightly oiled tin.
- ❖ Soften in a pre-heated oven (180°C/gas 5) for 5 minutes.
- ❖ Mix the curry powder with the flour and sprinkle over the chicken, coating both sides.
- ❖ Return to the oven and cook for a further 15-20 minutes.
- ❖ Remove, stir in the water, cover and return to the oven to simmer gently for 10-20 minutes.
- ❖ Stir well to form the sauce and make sure the chicken has fully cooked.
- ❖ Place into a hotcupboard to rest before slicing the chicken into strips.

assembly

- ❖ Warm up the tortilla breads in a microwave or low temperature oven.
- ❖ Spoon a line of chicken and sauce onto the flatbread.
- ❖ Add a spoonful of the diced cucumber along the chicken.
- ❖ Run a small spoonful of the mayonnaise along the top and fold up the wrap.

Madras Chicken Wrap

Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Chicken Breast Fillet 57g	1368	g	4.7	6.43
vegetable oil	40	g	0.4	0.02
curry powder	40	g	6.9	0.28
plain flour	40	g	0.3	0.01
water	320	g	0.0	0.00
tortillas	1440	g	2.2	3.12
cucumber	400	g	2.1	0.85
reduced fat mayonnaise	300	g	1.1	0.34
Total	3948	g		11.05
Number of portions	24			
Portion weight	157	g		
Cost per portion	46	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	180	kcal
fat	4.5	g
saturated fatty acids	0.5	g
carbohydrates	25.6	g
NME (non-milk extrinsic) sugars	1.3	g
fibre/NSP (non-starch polysaccharides)	1.3	g
protein	10.6	g
iron	1.5	mg
calcium	55.8	mg
vitamin A (retinol equivalents)	3.9	µg
folate	5.5	µg
vitamin C	0.6	mg
sodium	313	mg
zinc	0.5	mg



Additional Nutritional Information

This high protein hand held snack provides a good source of iron and useful amounts of calcium and zinc.

Allergen information:

Flour tortillas contain wheat and mayonnaise contains eggs; both possible allergens. Please check labels of ingredients for other potential allergens.

Serving suggestions:

This recipe could be offered in any form of bread. Extra salad vegetables could be added as a nutritious lunch time meal.