

Tandoori Breaded Chicken Wrap

ingredients

- 24 Green Gourmet Breaded Chicken Breast fillets, 85g
- 6 tblsp tandoori seasoning
- 2 medium cucumbers, finely diced
- 4 tblsp lemon juice
- 600g low fat mayonnaise or yoghurt
- 24 large flatbreads or naan

cooking instructions

- ❖ Place the frozen breaded chicken fillets into a lightly oiled tin.
- ❖ Coat both sides of the chicken with the tandoori spice mix.
- ❖ Place into a pre-heated oven (180°C/gas 5) for 20 - 30 minutes until fully cooked.
- ❖ Chop the cucumber into a fine dice.
- ❖ Stir the lemon juice into the mayonnaise or yoghurt.
- ❖ Lightly dampen the flatbreads to make pliable.
- ❖ Slice or shred the chicken into strips to make the wraps.

assembly

- ❖ Warm the flatbreads in a microwave or low temperature oven.
- ❖ Spoon a line of the chicken, followed by a spoonful of cucumber onto the flatbread.
- ❖ Run a small spoonful of the mayonnaise or yoghurt on top and fold up the wrap.
- ❖ The same recipe can also be used for naan breads.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Breaded Chicken Fillet 85g	2040	g	5.39	10.99
tandoori spice powder	60	g	10.25	0.62
cucumber	960	g	2.13	2.05
lemon juice	64	g	1.68	0.11
reduced fat mayonnaise	600	g	1.15	0.69
tortillas	1440	g	2.17	3.12
Total	5164	g		17.57
Number of portions	24			
Portion weight	206	g		
Cost per portion	73	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	182.9	kcal
fat	6.0	g
saturated fatty acids	0.7	g
carbohydrates	25.0	g
NME (non-milk extrinsic) sugars	1.4	g
fibre/NSP (non-starch polysaccharides)	1.0	g
protein	8.5	g
iron	1.2	mg
calcium	51.1	mg
vitamin A (retinol equivalents)	32.2	µg
folate	8.7	µg
vitamin C	0.9	mg
sodium	288.1	mg
zinc	0.4	mg



Additional Nutritional Information

The Breaded Chicken fillets are non-flash fried and therefore do not contribute towards the two deep-fried items per week, as stated by the School Food Trust guidelines. This recipe contributes useful amounts of iron and calcium.

Allergen information:

Flour tortillas contain wheat; mayonnaise contains eggs, both potential 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.