

GRAB and GO

Madras Chicken Wrap

Slices of chicken in a mild curry sauce and served in a wrap for a delicious meal on the move.

Makes 10 portions (150g/portion)

Ingredients

500g	10 Green Gourmet Great British Chicken Breast Fillets (GG Code – 7232)
150 ml	Madras Curry sauce
250g	cucumber, diced
560g	10x10" tortillas
100 g	low fat mayonnaise

Method

1. Place the Green Gourmet Great British Chicken Breast Fillets in a baking tin with a lid and cook as cooking instructions.
2. Remove from oven, cool and slice into strips. Mix with curry sauce and low fat mayonnaise.
3. Warm the tortilla breads in a microwave or low temperature oven.
4. Spoon a line of chicken and sauce onto the tortilla.
5. Add a spoonful of the diced cucumber along the chicken.
6. Fold up the wrap.

Serving Suggestions

Ring the changes with different curry sauces.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
151.6	1.8	0.2	24.0	0.6	1.2
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
11.0	0.9	0.5	49.1	1.6	0.4
Folate (µg)	Sodium (mg)				
9.4	208.3				

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