

GRAB and GO

Spicy Chicken Cones

Spicy chicken chunks served in a wrap with a difference.

Makes 10 portions (181g/portion)

Ingredients

600g	30 Green Gourmet Tandoori Chicken Chunks (GG code – 7297)
560g	10 x 10" tortilla wraps
200g	iceberg lettuce, shredded
100g (½ medium)	cucumber, diced
100g (1 medium)	red onion, diced
170g (2 medium)	tomatoes, diced
200g	salsa ready to use sauce

Method

1. Cook the Green Gourmet Tandoori Chicken Chunks according to cooking instructions. Keep hot.
2. Combine lettuce, cucumber, onions and tomatoes.
3. Fold wraps to form triangular cones and stand up in a serving tray.
4. Portion in the salad.
5. Place in the Green Gourmet Tandoori Chicken Chunks when required. Drizzle with sauce.

Serving Suggestions

Serve with a green salad.

Vary the flavours of sauce, great with raita dip or mayonnaise mixed with a little mango chutney.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
145.7	2.4	0.2	25.0	0.1	1.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
7.2	0.9	0.4	51.9	23.4	3.5
Folate (µg)	Sodium (mg)				
15.4	204.1				

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