

Chicken Tikka Wraps with Salad

Ingredients

- 1 piece of chicken
- 1 -2 tbsp. of sour cream
- 2 tbsp. of Tandoori spice
- 1 garlic clove
- 1 piece of fresh ginger
- $\frac{1}{2}$ of a lime
- Coriander
- A slither of red onion
- $\frac{1}{4}$ of a tomato
- A small piece of chilli
- 1 wrap
- Mango chutney
- Bag of salad (Lettuce, cucumber carrot)

Method

1. Cut the chicken into strips and put into a bowl.
2. Juice the lime.
3. Peel and grate ginger.
4. Cut up the garlic finely.
5. In a bowl add the Tikka masala spice, ginger, garlic, lime, oil and mix well.
6. Chop your onion finely and coriander finely.
7. Peel the carrot and shave it.
8. Slice up some cucumber.
9. Chop up some lettuce.
10. Fry the chicken
11. Layer wraps with lettuce leaves, onion, carrot cucumber and chicken.