

Chilli Chicken wrap

Ingredients

- 1 piece of chicken
- 2 tbsp vegetable oil
- $\frac{1}{2}$ a brown onion,
- 1 garlic cloves,
- a small piece of ginger,
- 3 pinches of ground cumin
- 3 pinches of garam masala
- 1 tsp tomato purée
- $\frac{1}{2}$ red chilli,
- juice $\frac{1}{4}$ lemon
- 1 wrap
- $\frac{1}{4}$ small red onion,
- 1 tbsp mango chutney
- A sprinkle of fresh of coriander
- 1 tbsp yogurt

Method

1. Slice your brown onion and chilli into rings
2. Peel and chop ginger finely
3. Chop garlic and red onion finely
4. Chop up the fresh coriander
5. Cut the chicken into bite size pieces
6. Fry the chicken, brown on all sides, then remove.
7. Fry the brown onion, garlic, ginger and a pinch of salt. Cook for 2 mins
8. Add the chicken to the pan with the spices, tomato purée, chilli and lemon juice. Season well and cook for 5 mins or until the chicken is tender.
9. Assemble the wrap add the chicken mix, red onion, chutney, coriander and yogurt.

10. Roll up and serve.