



Product Spotlight: Baby Cos Lettuce

With an extremely low calorie content and high water volume, cos lettuce is a very nutritious food. It provides a good source of vitamin C, important for a healthy immune system, skin, bones, and teeth!



2 Chicken Shawarma Wraps

Spiced wraps served on a platter with shredded shawarma style chicken, mint yoghurt sauce and fresh vegetables.

 30 minutes

 2 servings

 Chicken

7 January 2022

Switch it up!

If you want this dish to feel warmer you can cook the tomatoes and capsicum with the chicken, spices and 3/4 cup water until chicken is cooked through and vegetables are tender.

Per serve: **PROTEIN** 43g **TOTAL FAT** 41g **CARBOHYDRATES** 16g

FROM YOUR BOX

WRAP MIXTURE	1 packet
CHICKEN BREAST FILLETS	300g
MINT	1 bunch
YOGHURT	1 tub (200g)
TOMATO	1
BABY COS LETTUCE	1
GREEN CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, cayenne pepper (see notes)

KEY UTENSILS

2 frypans

NOTES

The wrap mixture is made up of chickpea flour and ground coriander.

If you prefer your dish to be mild use paprika or smoked paprika instead of cayenne pepper.

You can add some more fresh or dried herbs such as dill or parsley to the sauce as well as crushed garlic, lemon zest and juice or grated cucumber.



1. PREPARE THE WRAPS

Add wrap mixture to a large bowl along with **3/4 cup water, salt and pepper**. Whisk together to combine.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in **oil, 2 tsp oregano, 1/4 tsp cayenne pepper, salt and pepper**. Add to pan and cook for 8 minutes on one side. Flip chicken and add **1/4 cup water**. Cook, covered, for a further 8-12 minutes or until cooked through.



3. COOK THE WRAPS

Heat a second frypan over medium-high heat with **oil**. Add 1/4 cupfuls wrap mixture, in batches, to pan. Cook for 2 minutes until bubbles form. Flip and cook for a further 2 minutes until set



4. MAKE THE SAUCE

Thinly slice mint leaves (reserve half for serving). Add to a bowl along with yoghurt, **1 tbsp olive oil, salt and pepper** (see notes). Stir to combine.



5. PREPARE INGREDIENTS

Wedge tomato. Thinly slice lettuce and capsicum. Use two forks to shred the cooked chicken. Arrange on a platter.



6. FINISH AND SERVE

Halve or quarter wraps. Add to platter along with sauce and remaining mint. Serve at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

