

CRUNCH TIME

Tandorri Chicken Naan



Serve information: 4 Naan Wraps On A Plate

INGREDIENTS:

2 Tbsp Tandoori curry paste
2 Tbsp plain Greek yoghurt
Salt
Pepper
4 Chicken tenderloins
1/2 Lebanese cucumber
150g Plain Greek yoghurt
1/2 Lemon
1/4 Bunch mint
4 Pieces of Green Oak lettuce
4 Naan bread
4 Spring onion pieces

EQUIPMENT:

2 bowls
Several spoons
Chopping board
Sharp knife
Vegetable peeler
Lemon squeezer
4 pieces sandwich paper
Serving plate
Grill plate
Tongs



METHOD:

1. To make the Tandoori Chicken, preheat the grill plate on the stove
2. Mix together the tandoori paste and yoghurt in a bowl and season with salt and pepper
3. Add the chicken tenderloins and stir to coat the chicken
4. Cook the chicken on grill plate
5. To make the Raita, peel the cucumber
6. Thinly slice the cucumber and chop the mint
7. Squeeze the lemon juice
8. Stir together the cucumber, yoghurt, lemon juice, mint and season with salt
9. To assemble, lay the naan breads out
10. Place the lettuce leaves along the centre and top with the Raita and Tandoori Chicken
11. Tightly wrap the naan bread around the filling
12. Use sandwich paper to wrap the bottom half of the naan bread
13. Wrap a spring onion piece around the paper on each naan and place the Tandoori Chicken Naans on a plate



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