



KCAL:
579

CARB:
51g

PRO:
51g

FAT:
19g

Tandoori chicken and spinach wraps

High pro

Med carb

Lunch



By Adam Lloyd

The biggest consideration for choosing wholemeal or white wraps is the fibre content. Prior to a working out it is not ideal to be increasing fibre content as we don't want to be needing the toilet mid-workout. Wholemeal wraps contain approximately 5.3g more fibre than white wraps. Thus, choosing the white wrap - with a lower fibre content is recommended in the days leading up to a competition and especially the day before.

Prep: 10 min

Cook: 15 min

Fresh: 2 days

Beginner

Ingredients for 2 Portion(s)

2 whole, large Salad tomatoes

250 g Chicken breast

4 average, large Wholemeal tortilla wrap

1 Lemon Lemon

60 g Tesco Finest 0% Fat Greek Yogurt

60 g Cheddar cheese

1 small, whole Carrots

40 g Spinach, baby

15 g Tesco Tandoori Curry Powder

Method

Slice the chicken breasts into bite size pieces. Then add the tandoori mix and the juice of one lemon. Mix together thoroughly and season with salt and pepper.

You can either grill, oven bake or fry the chicken. Preheat the grill to medium and place the chicken pieces under it. Cook for around 10-12 minutes, turning halfway through cooking. Alternatively, cook in an oven preheated to 200C/Gas 6 for 10-15 minutes or fry on a pan. As cooking appliances and the size of the chicken pieces will vary, ensure the chicken is cooked through before serving.

When cooked, plate up. Divide the chicken between four warmed wraps and top with yogurt, spinach, grated cheese, grated carrot and sliced tomatoes. Roll up and enjoy!