



Lunch Recipe: Chicken Tikka Wrap

Ingredients

- 2 eggs
- 4 wheat tortillas
- 1 large chicken breast (cut into strips)
- 1 Life is a Recipe® Tikka Masala Kit
- 1 red onion (cut into strips length wise)
- 4 green chilies (to taste, cut length wise, optional)
- ½ lemon (juiced)
- ¼ cup cilantro (to garnish)

Marinating Chicken with Life is a Recipe® Tikka Masala Part 1

1. In a large bowl, combine organic plain Greek yogurt, lemon juice, 1 teaspoon of salt and 3 teaspoons of Tikka Masala Part 1.
2. Stir in with 2 chicken breasts.
3. Cover with plastic wrap and refrigerate for 1 hour.
4. Pre-heat the oven to 350 degrees.
5. Lightly oil the pan.
6. Bake until the juices run clear.

Instructions for Chicken Tikka Wrap

1. Warm ghee in a medium pan.
2. Heat tortilla in the pan.
3. Add 1 tablespoon of egg and drizzle over the tortilla.
4. Add a few strips of chicken.
5. Add onion, cilantro and a few strips of chili.
6. Squeeze a few drops of lemon onto the chicken.
7. Fold over both sides of the tortilla and have them meet in the middle.
8. Spread ghee on the fold and then flip over until both sides are crisp.
9. Serve and enjoy.