Yogurty Chicken Sambal Wrap

Ingredients

- 500 g Chicken Breast
- 3 Red chili
- 3 Bird's Eye Chilli
- 3 ulas Garlic
- 2 in Ginger
- 1 tangkai Lemongrass
- 2 sudu besar Lime Juice
- 2 sudu besar MAGGI® CukupRasa™
- 1 sudu besar Honey
- 50 ml Water
- 135 g Natural Fat Free Yogurt
- 1 sudu besar Fresh Dill
- 2 ulas Garlic
- 200 g Japanese Cucumber
- 6 keping Whole Wheat Tortilla Wrap
- 100 g Lettuce Leaves
- 2 Tomato

Instruction

1. In a blender, add the red chilli, green bird’s eye chili, garlic, ginger, lemongrass, lime juice, MAGGI® CukupRasa™ and honey. Pour in water and blend the ingredients coarsely.

2. Pour blended marinade over chicken and evenly coat it. Cover dish and refrigerate to marinate overnight.

3. When the chicken is well marinated, heat pan or griller and grill chicken on each side for 5 minutes. Cover with lid when grilling.

4. In a small bowl, combine NESTLÉ Greek Style Yogurt, fresh dill, chopped garlic and Japanese cucumber. Set aside to chill.

5. Place the tortilla on a plate and spread the yogurt mixture on it. Top with salad, tomato and grilled chicken. Gently seal the tortilla wrap.

Nutrition

Carbohydrates	71.83 g
Energy	528.01 kcal
Fats	11.36 g
Protein	33.75 g

145 Minutes

6 servings