

# Indian Chicken Wrap

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-chutney-curry-recipe-indian>

## Ingredients:

- 2 chicken breasts Butterflied, sliced in half horizontally
- 2 1/2 teaspoons curry Just Spices, Madras Spice blend Or an alternative curry powder., Use code: justsearchingforspice to get a free s...
- 1 lemon juiced
- 4 flatbreads or wraps
- 1 1/8 cups lettuce chopped
- 2 tomatoes sliced
- 1 cup cucumber sliced
- 1 red onion sliced
- 2 chilli peppers mild, use more or less to suit your tastes
- 2 tablespoons fresh coriander chopped
- 3 tablespoons Greek yogurt
- 1 tablespoon mango chutney
- 1 pinch salt

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 75 milligrams
4. Fat: 4.5 grams
5. Fiber: 3 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 550 milligrams
9. Sugar: 8 grams

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