



## **Sophie Grigson's Spicy Chicken & Vegetable Wraps Recipe**

Recipe suitable for 13 year olds and over

**Serves 3-4**

### **Ingredients**

*2 chicken breasts, cut into strips*  
*juice of 1 lemon*  
*3 tablespoons olive oil*  
*2 large carrots*  
*1 large onion, halved and thinly sliced*  
*110g (4 oz) piece of broccoli*  
*2 cloves garlic, chopped*  
*1 teaspoon ground cumin*  
*1 1/2 teaspoons ground coriander*  
*2 tablespoons roughly chopped coriander leaf*  
*salt and pepper*

### **To serve:**

*8 soft tortilla wraps*  
*250g Greek yoghurt*

## Method

1. Marinate the chicken in half the lemon juice, 1 tablespoon olive oil, salt and pepper while you prepare the vegetables (or for longer, say an hour or two if you are prepared to wait).
2. Cut carrots in two or three pieces, then halve each one lengthways. Slice each piece as thinly as you can.
3. Cut the stem off the broccoli, peel off the tough outer skin, then slice in the same way as the carrot.
4. Break the head of the broccoli into florets then, cut each one lengthways into small, lean pieces.
5. Shortly before you want to sit down to eat, put a pan over a fairly high heat to heat through. Add the remaining oil, then tip in the vegetables including the onion and garlic.
6. Saute for 5-6 minutes, then add the ground cumin and coriander.
7. Continue sautéing for another minute or so, then draw off the heat and stir in the remaining lemon juice, the coriander leaf and season with salt and pepper.
8. Tip into a warm serving dish. Quickly return the pan to the heat and sauté the chicken strips for 2-3 minutes until cooked through. Either mix with the vegetables, or serve separately.
9. While the chicken strips are cooking, heat the tortillas in the microwave according to packet instructions.
10. Quickly put tortillas, vegetables, chicken, and yoghurt on the table.