

Bombay Chicken Wraps

For 6

Ingredients:

¼ c mango chutney
½ c plain Greek yogurt
650 grams of cooked chicken, sliced.
One half of a red pepper
One half of a mango
One half of an English cucumber
Romaine lettuce about 9 leaves
6 - 10" flour tortilla wraps

Directions:

Mix the mango chutney with the yogurt.
Stir into the chicken. Let rest while you prepare the other ingredients.
Remove any ribs or seeds from the red pepper. Cut into thin strips. Reserve.
Peel, and thinly slice the mango. Reserve.
Leaving the peel on, cut the cucumber into diagonal slices.
Tear the romaine leaves down each side of the ribs. You'll be using 3 strips of lettuce per wrap.
Wrap 3 tortillas loosely in paper towel. Heat in the microwave on high for 30 seconds. This makes it much easier to form the wraps, as the tortillas will be softer and more pliable.
Mound 1/6th of the chicken mixture in the center of each wrap.
Top with 5 or 6 slices of mango, and then with 5 or 6 slices of red pepper.
Top this with a similar amount of cucumber, and then with 3 strips of romaine.
Tuck the ends of the wrap over the fillings, and then roll one side up and over the fillings, and continue to roll until the far edge is under the wrap. Let rest to allow the wrap to conform to its new shape.
Cut slightly on the diagonal, and serve.
It is shown here served with some mango and strawberry pieces that have been macerated in a sprinkle of lemon and sugar.
A lovely lunch to include in a picnic, or simply sitting outside on your deck.