



Tandoori and mint yoghurt mini pockets

GREEN (ACT & SA) / Everyday (NSW)

Makes 50

Ingredients:

- 1 tablespoon canola oil
- 1 large onion, diced
- 1 large zucchini, grated
- 2 tablespoons Tandoori paste
- 2kg lean chicken mince
- ¼ cup water
- 500g Greek yoghurt
- 50 x 10 inch wholemeal tortillas
- 2 cucumbers, thinly sliced

For the yoghurt:

- 1 bunch mint, chopped
- 500g Greek yoghurt

Method:

1. Heat oil in fry pan then add the onion and zucchini and cook until soft.
2. Add in the Tandoori paste and stir well, before adding the mince and stirring until cooked through.
3. Add the water and yoghurt and stir well.
4. Bring the mix to the boil, then lower the temperature and simmer for 8 minutes, stirring occasionally.
5. Meanwhile, mix the mint yoghurt ingredients together.
6. Spread the yoghurt mix on the tortillas with a few slices of cucumber, then spoon on 40g of the Tandoori mix and fold into an envelope shape.
7. Toast in the sandwich press until golden.

Tips:

- This recipe can be premade and frozen until ready to use.

Recipe tested by DT February 2016

Nutrition information:

Tandoori and mint yoghurt mini pockets	Per serve (75g)	Per 100g
Energy (kJ)	564	746
Protein (g)	11.7	15.5
Fat – total (g)	3.9	5.2
Fat – saturated (g)	1.6	2.2
Carbohydrates – total (g)	11.9	15.7
Carbohydrates – sugar (g)	2.1	2.8
Sodium (mg)	247	327