

## Tandoori and mint yoghurt mini pockets

GREEN (NSW, ACT & SA)

Makes 50

### Ingredients:

- 1 tablespoon canola oil
- 1 large onion, diced
- 1 large zucchini, grated
- 2 tablespoons Tandoori paste
- 2kg chicken mince
- ¼ cup water
- 500g Greek yoghurt
- 50 x 10 inch 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:**

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