

Crispy Curry Pockets



Serves	Prep Time	Cooking	Total Time	Calories
0 people	10 minutes	15 minutes	25 minutes	491 kcal

Stuff that's in it:

- Filling
 - 2 Tsp Rapeseed Oil/ Olive
 - 600G Chicken Breast (Diced)
 - 1 Red Pepper (Finely Chopped)
 - 1 Small Red Onion (Diced)
 - 1 Large Handful Spinach (Chopped)
 - 2 Garlic Clove (Chopped)
 - 1 Tbsp Tomato Puree
 - 2 Tbsp Chicken Tikka Or Butter Curry Paste
 - 100Ml Chicken Stock
 - 1 Tbsp Natural Yoghurt
 - Pinch Salt Pepper
 - To Assemble
 - 4 Tortilla Wraps
 - 80G Mozzarella , Grated
 - Squirt Oil
 - To Top

- 2 Tbsp Natural Yoghurt (For Drizzling)
- 1 Tbsp Chopped Fresh Coriander
- 2 Tbsp Red Onion (Finely Diced)
- Cucumber & Mint Yoghurt Dip
- 100G Natural Yoghurt (Full Fat)
- 1/4 Cucumber (Prayed And Water Squeezed Out)
- 1 Tsp Mint (Dried Or A Few Fresh Chopped)
 - Squeeze Lemon Juice
 - Pinch Salt Pepper (To Taste)

What you do:

Start with the dip:

Mix everything in a bowl and chill while you make the pockets.

Make the filling:

Heat oil in a non-stick pan. Fry chicken, red onion and red pepper for 5–6 mins. Add garlic, curry paste and tomato purée , cook for 1 min. Pour in stock and simmer for 5 mins until thickened. Stir in chopped spinach and cook until just wilted. Take off the heat and stir through the natural yoghurt. Season to taste.

Build the pockets:

Spoon the curry mix onto the centre of each tortilla, sprinkle with cheese, then fold over each end into a rectangle, folding top and bottom first and then close with sides . Press the edges to seal. Lightly spray both sides with oil.

Air fry at 200°C for 6 minutes, flipping halfway, until golden and crisp.

Serve:

Drizzle with natural yoghurt, scatter with coriander and red onion. Slice open and serve hot with the cucumber mint dip on the side.

Makes 4□

Per portion (1 stuffed tortilla + ¼ dip):

Carbs: 38g Fat: 13g Sat fat: 4g Fibre: 4g

Protein: 48g Calories: 491 kcal

Freezer friendly: □ (Cook, cool, wrap and freeze. Reheat in air fryer until hot and crisp.)

Can it be Vegetarian: easy to sub with chickpeas, tofu or paneer

Gluten free: □ (use GF wraps and check curry paste)

Meal prep: □

Batch cook: □

Nutrition

- Carbs: 38g

- Fat: 13g
- Protein: 48g
- Fibre: 4g
- Saturated Fat: 4g

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