FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

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 Mozarella , 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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