



## CURRIED CHICKEN SALAD WRAPS (TM6, TM5, TM31)

⏱ 10 min. ⌚ 50 min. 🌿 easy ➡ 6 portions 📏 Per 1 portion: Energy 2129.5 kJ, Energy 507.0 kcal, Protein 20.9 g, Carb 10.3 g, Fat 42.9 g, Saturated Fat 6.9 g, Dietary fibre 7.1 g, Sodium 510.8 mg

### Preparation

#### INGREDIENTS

500 g water  
500 g skinless chicken thigh fillets, cut into thirds  
8 sprigs fresh coriander, leaves only  
2 spring onions/shallots, white part only, cut into thirds  
50 g toasted pine nuts  
25 g raisins (optional - see Tips)  
200 g mayonnaise (see Tips)  
2 tsp curry powder (see Tips)  
½ tsp ground turmeric  
½ tsp salt, for seasoning  
¼ tsp ground black pepper, for seasoning  
6 tortillas, low carb or keto wraps of choice (see Tips)  
rocket leaves, to serve

#### USEFUL ITEMS

plate, bowl

1. Place water into mixing bowl. Place Varoma dish into position and weigh chicken into it. Secure Varoma lid and steam **25 min/Varoma/speed 2**.
2. Remove Varoma and transfer cooked chicken to a plate. Set aside to cool for 15 minutes. Meanwhile, discard steaming liquid.
3. Place reserved cooled chicken into mixing bowl and shred **10 sec/↻/speed 4**. Transfer into a bowl and set aside.
4. Place coriander, spring onions/shallots, pine nuts and raisins (optional) into mixing bowl and chop **3 sec/speed 5**.
5. Add mayonnaise, curry powder, turmeric, salt, pepper and reserved shredded chicken and mix **20 sec/↻/speed 1**. To assemble, top tortillas with shredded chicken mixture and rocket leaves, then roll into wraps.

#### TIPS

- Try these with our Dairy and grain free wraps, search Cookidoo® for the recipe.
- You can easily make your own mayonnaise and curry powder in your Thermomix®, search Cookidoo® for the recipes.
- Substitute chicken thighs with chicken tenderloins, if you prefer.
- Raisins are high in carbs. If following a Keto diet it is recommended that you omit these.
- Store any leftover filling in a sealable container in the refrigerator for up to 3 days.