



VOLUME VIII

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Grilled chicken breast skewers marinated in yoghurt and spices served with a cucumber and tomato salad and tzatziki in a flour tortilla.

Thai Basil Beef

Total Calories - 662

Protein - 45g

Carbohydrate - 68g

Fat - 22g



Lower Calorie Alternative:

- Swap the skirt steak to 100g of extra lean beef medallion steaks (128 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Use 40g of rice instead of 60g (153 Cals)

Total Calories - 470

Protein - 38g

Carbohydrate - 58g

Fat - 9g

Plant-Based Alternative:

- Swap the skirt steak to 120g of Naked Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the fish sauce to ½ tbsp. of Thai Taste Vegetarian Fish Sauce (2 Cals)
- Swap the oyster sauce to ½ tbsp. of Lee Kum Kee Vegetarian Stir Fry Sauce (11 Cal)
- No egg (-73 Cals)

Total Calories - 561

Protein - 33g

Carbohydrate - 71g

Fat - 13g

Soy Chicken Noodles

Total Calories - 590

Protein - 34g

Carbohydrate - 62g

Fat - 19g



Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Use 60g of medium egg noodles instead of 100g (111 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 407

Protein - 34g

Carbohydrate - 48g

Fat - 7g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the egg noodles to 100g of rice noodles (134 Cals)

Total Calories - 492

Protein - 27g

Carbohydrate - 64g

Fat - 10g



SOY CHICKEN NOODLES

INGREDIENTS

- 100g Chicken Thigh Fillets
- 100g Medium Egg Noodles
- 1 Tbsp. Shaoxing Wine
- 1 Tbsp. Soy Sauce
- $\frac{3}{4}$ Tbsp. Sugar
- $\frac{1}{2}$ Tbsp. Dark Soy Sauce
- 2 Tsps. Cornflour
- 1 Tsp. Rapeseed Oil
- $\frac{1}{2}$ Tsp. Sesame Oil
- 2 Cloves Garlic
- 1 Spring Onion
- $\frac{1}{2}$ -Inch Ginger
- $\frac{1}{2}$ Choy Sum
- $\frac{1}{4}$ Star Anise
- $\frac{1}{4}$ Stick Cinnamon
- Salt
- Pepper

TOTAL TIME - 40 MINS

Prep Time - 5 Mins

Cook Time - 35 Mins

METHOD

- Begin by slicing the ginger, cutting the garlic vertically and the spring onion into thirds.
- Preheat a saucepan to medium-high heat, once up to temperature add the rapeseed oil. Add the ginger, garlic and spring onion and cook for 1 minute.
- Add in the star anise and cinnamon, Shaoxing wine, soy sauce, dark soy sauce, sesame oil, sugar and 180ml of water, bringing to a simmer.
- Add in the chicken and cook for 10 minutes. Turn off the heat and let the chicken sit for 20 minutes.
- Whilst the chicken sits, prepare the noodles according to instruction on the packet.
- Steam or boil the choy sum, then drain and set aside.
- Remove the chicken from the braising liquid after 20 minutes. Combine the cornflour with equal parts water and stir into the braising liquid and bring to a simmer. Season with salt and pepper to taste, when thickened turn off the heat.
- Add the noodles to a bowl or plate, combine with the braising liquid before slicing and adding the chicken, followed by the choy sum and serve.

Chilli Garlic Prawns and Coconut Rice

Total Calories - 498

Protein - 31g

Carbohydrate - 68g

Fat - 12g



Lower Calorie Alternative:

- Use 30g of rice instead of 60g (115 Cals)
- No coconut milk (-37 Cals)
- No cornflour (-32 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 341

Protein - 30g

Carbohydrate - 52g

Fat - 2g

Plant-Based Alternative:

- Swap the prawns to 100g of This Isn't Chicken (160 Cals)

Total Calories - 555

Protein - 27g

Carbohydrate - 76g

Fat - 16g



CHILLI GARLIC PRAWNS AND COCONUT RICE

INGREDIENTS

- 120g Whole Prawns
- 40g Jasmine Rice
- 50ml Light Coconut Milk
- ½ Tbsp. Rapeseed Oil
- 2 Tsp. Cornflour
- 1 Tsp. Sugar
- 2 Red Chillies
- 2 Cloves Garlic
- 2-Inch Ginger
- 1 Pandan Leaf (Optional)
- 1 Spring Onion
- 1 Stalk Lemongrass
- Salt

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Rinse the rice in cold water until it runs clear and drain. Smash and bruise the lemongrass stalk, slice the ginger but only add half of it and the lemongrass stalk to a non-stick saucepan with the pandan leaf, sugar, 50ml of coconut milk, 50ml of water and salt to taste.
- Add the rice and bring to a boil on high heat. Cover and turn the heat to low and cook for 10 minutes. When cooked, turn off the heat and leave to sit for a further 10 minutes.
- Begin by trimming and deveining the prawns, before trimming off the antennae and feet. Add half the rapeseed oil and cornflour to the prawns combine well.
- Next, chop the garlic and slice the spring onion and red chillies.
- Heat a wok to high heat. Add in the remaining rapeseed oil along with the prawns and stir-fry for 1-2 minutes until they have almost turned completely pink.
- Add in the remaining ginger along with the garlic, chillies and spring onion and stir-fry for a further 30 seconds to 1 minute, season with salt to taste.
- Plate the rice and prawns, then serve.

Spicy Chicken Fillet Burger

Total Calories - 573

Protein - 43g

Carbohydrate - 63g

Fat - 15g



Lower Calorie Alternative:

- Swap the brioche burger bun for 1 Warburtons Sliced Wholemeal Roll (140 Cals)
- No cheese slice (-58 Cals)

Total Calories - 495

Protein - 41g

Carbohydrate - 58g

Fat - 9g

Plant-Based Alternative:

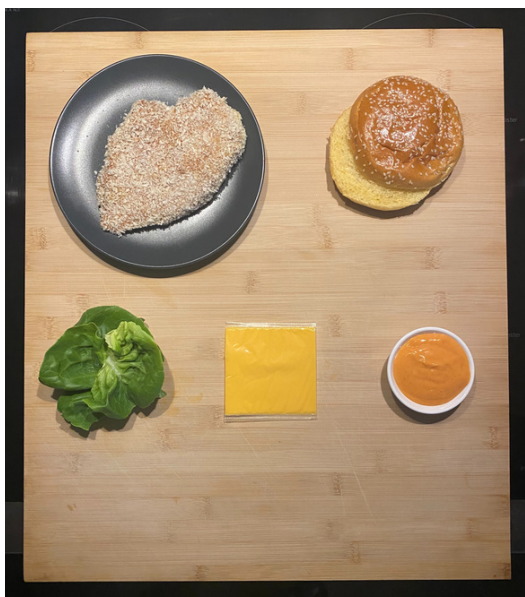
- Swap the chicken to 1 Tesco Plant Chef Southern Fried Fillet (246 Cals)
- Swap the brioche bun to 1 seeded burger bun (153 Cals)
- Swap the cheese slice to 1 Violife Sliced Cheese Alternative (57 Cals)
- Swap the mayonnaise to 2 tbsps. of Hellmann's Vegan Mayonnaise (196 Cals)
- No breadcrumbs, flour, or egg (-137 Cals)

Total Calories - 706

Protein - 24g

Carbohydrate - 61g

Fat - 39g



SPICY CHICKEN FILLET BURGER

INGREDIENTS

- 100g Chicken Breast
- 20g Panko Breadcrumbs
- 1 Seeded Brioche Bun
- 1 Country Cow Cheese Slice
- 4 Tbsps. Lightest Mayonnaise
- 1 Tbsp. Sriracha
- ½ Tbsp. Plain Flour
- ½ Tbsp. Hot Nando's Seasoning
- ¼ Tbsp. White Vinegar
- 1 Tsp. Sugar
- 1 Tsp. Cayenne Pepper
- ½ Egg
- 3 Leaves Curly Leaf Lettuce
- Salt

TOTAL TIME - 35 MINS

Prep Time - 25 Mins

Cook Time - 10 Mins

METHOD

- Begin by butterflying the chicken breast and marinating it in a bowl with the Nando's seasoning, cayenne pepper and salt. Set aside for 20 minutes minimum.
- Place the flour, beaten egg and panko breadcrumbs in 3 separate shallow bowls. Coat the chicken in the flour first, then in the egg and then finally in the panko breadcrumbs.
- Place the breaded chicken in the air fryer at 180C for 6-8 minutes. Leave to rest for a few minutes when cooked.
- Whilst the chicken cooks, combine the mayonnaise, sriracha, vinegar and sugar in a bowl then set aside.
- Top the chicken with the cheese slice leaving it to melt.
- Toast both halves of the bun in a non-stick pan or under a grill.
- Spread the spicy mayonnaise on both halves of the bun, top the bottom half with the lettuce, followed by the chicken and melted cheese and finally the top half of the bun and serve.

Meatball Marinara

Total Calories - 591

Protein - 47g

Carbohydrate - 49g

Fat - 23g



Lower Calorie Alternative:

- Only use half of the submarine roll (72 Cals)
- No mozzarella cheese (-77 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 372

Protein - 39g

Carbohydrate - 33g

Fat - 9g

Plant-Based Alternative:

- Swap the meatballs to 4 Taste & Glory Meat Free Vegan Meatballs (177 Cals)
- Swap the mozzarella to 30g of Violife Mozzarella Flavour Grated Cheese (89 Cals)
- No flour, egg or breadcrumbs (-71 Cals)

Total Calories - 550

Protein - 21g

Carbohydrate - 53g

Fat - 27g



MEATBALL MARINARA

INGREDIENTS

- 100g Beef Mince (5%)
- 100ml Passata
- 30g Mozzarella Cheese
- 10g Panko Breadcrumbs
- 1 Submarine Roll
- 1 Clove Garlic
- 2 Tbsps. Sliced Fresh Basil
- 2 Tsp. Olive Oil
- 2 Tsp. Tomato Purée
- 1 Tsp. Chilli Flakes
- 1 Tsp. Flour
- ½ Onion
- ¼ Egg
- Salt
- Pepper

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Begin by combining the beef mince, egg, breadcrumbs, 1 tbsp. of grated onion, salt and pepper in a bowl and set aside.
- Dice the remaining onion and add to a non-stick pan at medium-high heat, with 1 tsp. of oil frying for 1-2 minutes. Chop and add in the garlic, followed by the chilli flakes and tomato purée.
- Cook for a minute before adding in the passata, 100ml of water and basil. Bring to a simmer and cook for 5 minutes. Season with salt and pepper to taste.
- Whilst the sauce cooks, roll the meat mixture into small balls and lightly coat in flour.
- In a non-stick pan at high heat, add in the remaining tsp. of oil and then the meatballs. Brown on all sides, then remove.
- Add the browned meatballs to the marinara sauce and turn the heat to medium-low. Cook for a further 15-20 minutes until the meatballs are cooked through and the sauce has thickened. Season with salt and pepper if needed.
- Hollow out the inside of the submarine roll and add the meatballs with the sauce, top with sliced mozzarella and place under a grill until the cheese has melted, then plate and serve.

Chicken and Mushroom Pasta

Total Calories - 549

Protein - 42g

Carbohydrate - 34g

Fat - 22g



Lower Calorie Alternative:

- Use 40g of fusilli instead of 60g (70 Cals)
- Use 10 ml of cream instead of 20ml (12 Cals)
- Use 10g of parmesan cheese instead of 20g (43 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 389

Protein - 38g

Carbohydrate - 26g

Fat - 10g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the parmesan to 30g of Violife Just Like Parmesan (84 Cals)
- Swap the cream to 40ml of Elmlea Plant-Based Cream Alternative (58 Cals)
- Swap the wine to 40ml of vegan white wine (40 Cals)
- Swap the chicken stock pot to ½ a Knorr vegetable stock pot (25 Cals)

Total Calories - 615

Protein - 34g

Carbohydrate - 49g

Fat - 28g

Tandoori Lamb and Bombay Potatoes

Total Calories - 562

Protein - 31g

Carbohydrate - 35g

Fat - 33g



Lower Calorie Alternative:

- Swap the lamb chops to 100g of lamb steaks (206 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Use 60g of potatoes instead of 100g (49 Cals)

Total Calories - 373

Protein - 32g

Carbohydrate - 28g

Fat - 15g

Plant-Based Alternative:

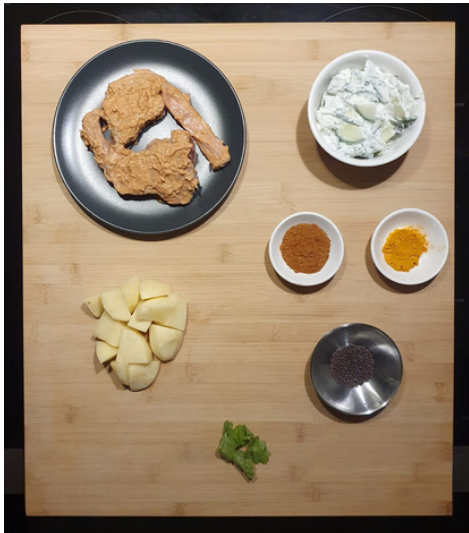
- Swap the lamb chops to 120g of This Isn't Chicken (192 Cals)
- Swap the yoghurt to 40g of Oatly Oatgurt Greek Yoghurt (58 Cals)

Total Calories - 497

Protein - 33g

Carbohydrate - 47g

Fat - 19g



TANDOORI LAMB AND BOMBAY POTATOES

INGREDIENTS

- 120g Lamb Chops
- 100g Maris Piper Potatoes
- 40g Fage Greek Yoghurt (0%)
- 1 Tbsp. Chopped Fresh Mint
- 1 Tbsp. Grated Garlic
- 1 Tbsp. Grated Ginger
- 2 Tsp. Rapeseed Oil
- 1 Tsp. Garam Masala
- 1 Tsp. Tomato Purée
- ½ Tsp. Black Mustard Seeds
- ½ Tsp. Chilli Powder
- ½ Tsp. Coriander Powder
- ½ Tsp. Cumin Powder
- ½ Tsp. Paprika
- ½ Tsp. Turmeric Powder
- ½ Lemon
- ¼ Red Onion
- ¼ Cucumber
- Fresh Coriander (Garnish)
- Salt
- Pepper

TOTAL TIME - 40 MINS

Prep Time - 5 Mins

Cook Time - 35 Mins

METHOD

- Begin by peeling and chopping the potatoes into small 1-inch chunks. Add the turmeric to cold water in a saucepan and season heavily with salt. Add the potatoes and bring to a boil before simmering until fork-tender.
- To make the marinade, in a bowl combine 10g of yoghurt with the tomato purée, 1 tsp. oil, ¼ tsp. paprika, ½ tsp. garam masala, ¼ tsp coriander powder, ¼ tsp. cumin powder, ¼ tsp. chilli powder, ginger, garlic, a squeeze of lemon, salt and pepper. Rub over the lamb chops and leave to sit for 10 minutes minimum.
- For the cucumber raita, finely chop the red onion and fresh mint, finely slice the cucumber and add to a bowl with the remaining 30g of yoghurt, a squeeze of lemon, salt and pepper and combine well.
- When the potatoes are fork-tender, drain and return to the pan to steam dry. In the meantime, preheat the oven to 200C.
- Add the remaining garam masala, cumin powder, chilli powder, coriander powder, paprika and oil to the potatoes along with black mustard seeds, stirring to coat all the potatoes.
- Add the potatoes to a baking tray spaced out evenly and place on the top shelf of the oven for 20 minutes or until crisp, flipping half way.
- Bring a non-stick pan to medium-high heat and add the lamb. Cook for 3-4 minutes on each side.
- Plate the potatoes and lamb chops with the raita, garnish with coriander and serve.

Honey Sriracha Wings

Total Calories - 417

Protein - 32g

Carbohydrate - 28g

Fat - 19g



Lower Calorie Alternative:

- Swap the wings to 120g of chicken breast mini fillets (127 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 258

Protein - 30g

Carbohydrate - 28g

Fat - 3g

Plant-Based Alternative:

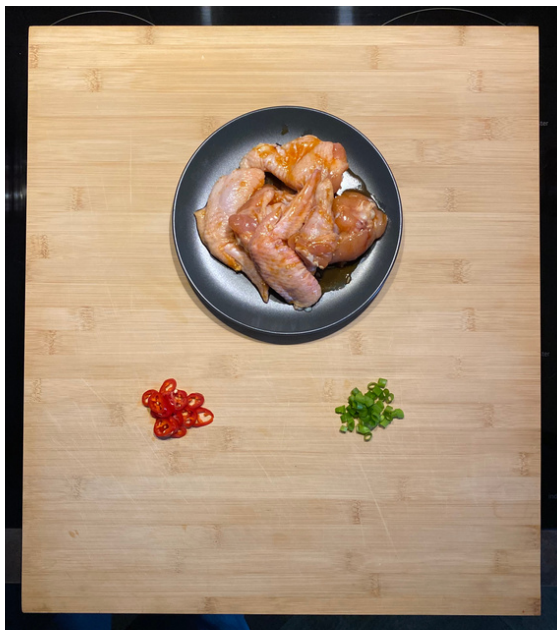
- Swap the wings to 130g of Naked Glory Vegan Chicken-Style Roast Tenderstrips (186 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)

Total Calories - 343

Protein - 27g

Carbohydrate - 31g

Fat - 10g



HONEY SRIRACHA WINGS

INGREDIENTS

- 130g Chicken Wings
- 1 Tbsp. Honey
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Sriracha
- 1 Tbsp. White Vinegar
- 1 Tsp. Rapeseed Oil
- 2 Cloves Garlic
- Red Chilli (Garnish)
- Spring Onion (Garnish)
- Salt
- Pepper

TOTAL TIME - 50 MINS

Prep Time - 5 Mins

Cook Time - 45 Mins

METHOD

- Preheat the oven to 180C. Separate the drums from the flats by slicing through the elbow joint.
- Chop the garlic and add to the wings in a bowl with honey, sriracha, soy sauce, oil, vinegar, salt and pepper to marinate.
- Spread the wings out on a baking tray and into the preheated oven on the middle shelf and bake for 45 minutes turning every 10 to 15 minutes.
- Once cooked through, remove, garnish with sliced red chilli and spring onion and serve.

Thai Steamed Fish

Total Calories - 421
Protein - 33g
Carbohydrate - 69g
Fat - 2g



Lower Calorie Alternative:

- Use 40g of rice instead of 60g (153 Cals)

Total Calories - 345
Protein - 32g
Carbohydrate - 51g
Fat - 2g



THAI STEAMED FISH

INGREDIENTS

- 120g Cod
- 60g Jasmine Rice
- 1 Bird's Eye Chilli
- 1 Clove Garlic
- 1 Stalk Lemongrass
- 1 Tbsp. Chicken Stock
- 1 Tbsp. Chopped Fresh Coriander
- ¾ Tbsp. Fish Sauce
- ¾ Tbsp. Lime Juice
- 1 Tsp. Soy Sauce
- ¼ Tsp. Sugar
- ½ Pak Choi
- Lime Wedge
- Red Chilli (Garnish)
- Salt
- Pepper
- Foil

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Rinse the rice in cold water until the water runs clear and drain. In a non-stick saucepan, add the rice and 125ml of water and bring to a boil. Cover and turn to low for 10 minutes.
- Finely chop the garlic and chilli, add to a bowl and mix in the lime juice, chicken stock, coriander, fish sauce, soy sauce and sugar and set aside.
- Smash and bruise the lemongrass stalk with the back of a knife and place on a plate large enough to fit the fish but small enough to fit in a wok or deep frying pan with a lid. Place the fish on top of the lemongrass and season with salt and pepper to taste.
- Fill the wok or pan about ¼ full with water and bring to a gentle simmer. Make a trivet out of foil by scrunching it up into a cylinder and forming it into a circle to rest the plate on when steaming. Place the foil into the simmering water and carefully place the plate with the fish on top of it. Make sure the water is below the plate. Cover with the lid and steam for 5 minutes.
- When the rice has finished cooking, turn off the heat and allow to sit for a further 10 minutes.
- After the fish has finished steaming, remove the lid and pour the sauce over the fish. Place the lid back on and steam for a further 5-6 minutes until the fish is cooked through. Add the pak choi for the final 2 minutes.
- Plate the rice, fish and pak choi, spoon over the sauce, garnish with red chilli, coriander then place the lime wedge on the side and serve.

Chicken Nuggets and Sweet Potato Fries

Total Calories - 569
Protein - 37g
Carbohydrate - 67g
Fat - 15g



Lower Calorie Alternative:

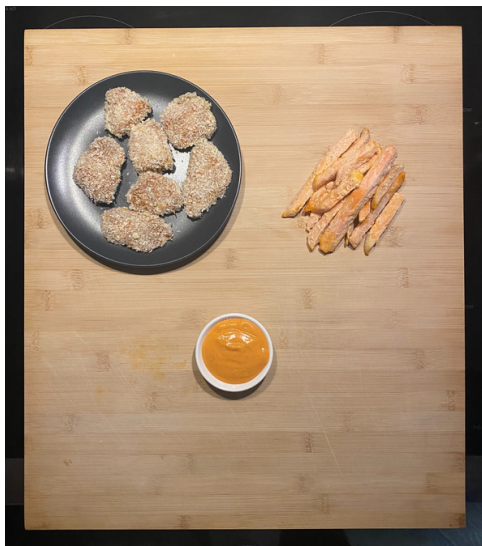
- Use 50g of sweet potato fries instead of 100g (88 Cals)

Total Calories - 482
Protein - 36g
Carbohydrate - 55g
Fat - 11g

Plant-Based Alternative:

- Swap the chicken to 130g of This Isn't Chicken Plant-Based Nuggets (320 Cals)
- Swap the mayonnaise to 2 tbsps. of Hellmann's Vegan Mayonnaise (196 Cals)
- No breadcrumbs, flour, or egg (-137 Cals)
- No cayenne pepper, paprika, or Nando's seasoning (-50 Cals)

Total Calories - 770
Protein - 24g
Carbohydrate - 69g
Fat - 40g



CHICKEN NUGGETS AND SWEET POTATO FRIES

INGREDIENTS

- 100g Chicken Breast
- 100g Strong Roots Oven Baked Sweet Potato
- 20g Panko Breadcrumbs
- 4 Tbsps. Lightest Mayonnaise
- 1 Tbsp. Sriracha
- ½ Tbsp. Plain Flour
- 2 Tsp. Cayenne Pepper
- 2 Tsp. Hot Nando's Seasoning
- 1 Tsp. Paprika
- 1 Tsp. Sugar
- 1 Tsp. White Vinegar
- ½ Egg
- Salt
- Pepper

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Preheat the oven to the temperature on the sweet potato fries bag.
- Add the fries to a baking tray and spread evenly. Cook for approximately 20 minutes.
- Cut the chicken breast into 1-inch pieces and marinate with the hot Nando's seasoning, cayenne pepper, paprika, salt and pepper, leaving to marinate for 10 minutes.
- Place the flour, beaten egg, and panko breadcrumbs in 3 separate shallow bowls. Coat the chicken in the flour first, then the egg and finally in the panko breadcrumbs.
- Place the breaded chicken in the air fryer at 180C for 6-8 minutes.
- While the chicken is cooking, prepare the spicy mayonnaise by combining mayonnaise, sriracha, vinegar and sugar.
- Once the chicken and sweet potato fries are cooked plate together and serve with the spicy mayonnaise dipping sauce.

Spicy Chicken Wrap

Total Calories - 461

Protein - 42g

Carbohydrate - 53g

Fat - 10g



Lower Calorie Alternative:

- Swap the wrap to 1 Warbutons High Protein Wraps With Super Seeds (126 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 376

Protein - 44g

Carbohydrate - 34g

Fat - 7g

Plant-Based Alternative:

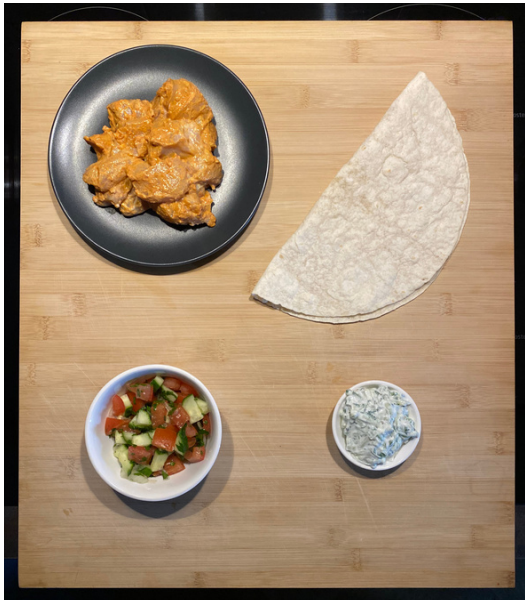
- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the yoghurt for 60g of Oatly Oatgurt Greek (87 Cals)

Total Calories - 548

Protein - 32g

Carbohydrate - 65g

Fat - 18g



SPICY CHICKEN WRAP

INGREDIENTS

- 100g Chicken Breast
- 60g Fage Greek Yoghurt (0%)
- 1 Tortilla Wrap
- 1 Clove Garlic
- 1 Lemon
- 1 Tomato
- ½ Cucumber
- 1 Tbsp. Chopped Fresh Mint
- 1 Tbsp. Chopped Fresh Parsley
- 2 Tsps. Cayenne Pepper
- 1 Tsp. Olive Oil
- 1 Tsp. Paprika
- 1 Tsp. Tomato Purée
- Salt
- Pepper
- 2 Bamboo Skewers

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by cutting the chicken into 1-inch chunks. Chop the clove of garlic and add to the chicken in a bowl with 20g of yoghurt, tomato purée, oil, paprika, cayenne pepper, juice of half a lemon, salt and pepper and set aside.
- To begin making the tzatziki, grate half the cucumber and squeeze out all the excess water with your hands, then combine with the rest of the yoghurt, chopped mint, a squeeze of lemon, salt and pepper.
- For the salad, dice the tomato and finely slice some cucumber. This should then be combined in a bowl with lemon juice, chopped parsley, salt and pepper to taste.
- Bring a non-stick pan to medium-high heat. Skewer the chicken and add to the pan for 8-10 minutes turning every minute or two to avoid burning. Once charred and cooked through, remove and set aside to rest.
- Spread the tzatziki on the tortilla, remove the chicken from the skewers and place on top of the tzatziki, followed by the tomato and cucumber salad.
- Fold both ends of the tortilla over and then roll the wrap over on itself. Bring a clean non-stick pan to medium-high heat and add the wrap seam side down. Toast on each side until golden brown, remove and slice in half at an angle and serve.