



Fast! Chicken Kati Rolls

with Mint Raita & Lime



ca. 20min



2 Servings

These handy wraps are popular throughout India for good reason—they're fast, filling, and deeply flavorful. Tender chicken breast strips marinate in warm spices and yogurt before we brown them with sweet peppers and onions. A toasted flour tortilla wraps around the juicy chicken that we dollop with a refreshing mint-yogurt sauce and squeeze on some fresh lime.

What we send

- 1 red onion
- 1 bell pepper
- 10 oz pkg chicken breast strips
- ¼ oz garam masala
- 4 oz Greek yogurt ⁷
- 6 (6-inch) flour tortillas ^{1,6}
- 2 oz sweet & sour sauce ⁶
- ¼ oz fresh mint
- 1 lime

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- medium nonstick skillet

Cooking tip

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Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 23g, Carbs 79g, Protein 50g

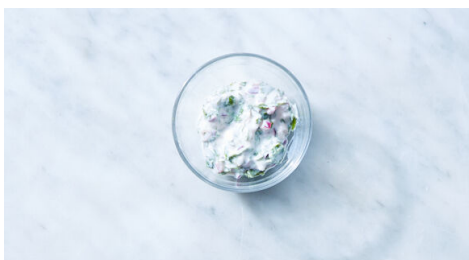


1. Prep ingredients

Halve and thinly slice **all of the onion**; finely chop 2 teaspoons. Halve **pepper**, discard stems and seeds, then thinly slice.

Pat **chicken** dry; season all over with **garam masala, salt, pepper, and 2 teaspoons each of yogurt and oil.**

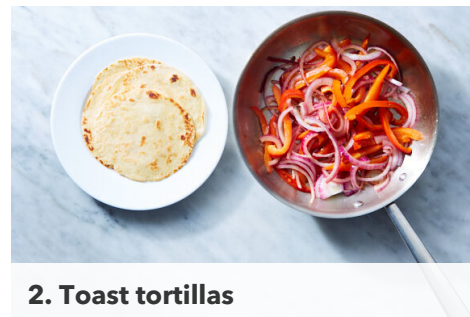
Brush **tortillas** lightly with **oil** on one side. Heat a medium nonstick skillet over medium-high.



4. Make mint raita

While **chicken** cooks, pick **mint leaves** from stems and coarsely chop; discard stems. Cut **lime** into 8 wedges.

In a small bowl, combine **remaining yogurt, chopped onions, mint leaves, a pinch of sugar, and juice of 1 lime wedge.** Season to taste with **salt and pepper.**



2. Toast tortillas

Working in batches, place **tortillas**, oil-side down, in skillet and cook until slightly puffed and browned on one side, about 30 seconds. Wrap tortillas in a clean towel to keep warm.

Add **1 tablespoon oil** to skillet, still over medium-high heat. Add **peppers and sliced onions**; cook until crisp-tender, 4-5 minutes, then transfer to a bowl.



5. Finish

Divide **chicken filling** between **tortillas** (toasted side facedown). Roll tortillas up and wrap the bottom third in foil, if desired.

Serve **kati rolls** with **mint raita** and **lime wedges.**



3. Cook filling

Add **chicken** to skillet in a single layer and cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip chicken and cook, undisturbed, until cooked through, about 3 minutes. Return **peppers and onions** to skillet along with **sweet & sour sauce.** Cook, stirring constantly, until sauce is thickened and sticky, 1-2 minutes. Remove from heat.



6. Serve

Enjoy!