



Daring Plant-Based 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 flavorsome. Tender plant-based 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
- 8 oz pkg plant-based chicken ³
- ¼ oz garam masala
- 4 oz Greek yogurt ²
- 6 (6-inch) flour tortillas ^{1,3}
- 2 oz sweet & sour sauce ³
- 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), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 26g, Carbs 89g, Protein 41g

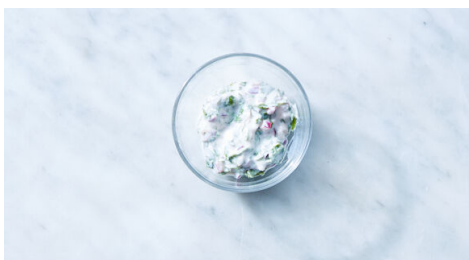


1. Prep ingredients

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

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

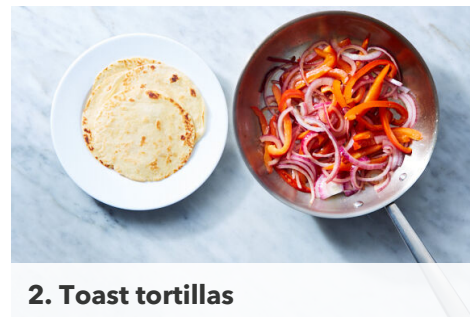
Brush **tortillas** lightly with **oil** on one side. Heat a medium nonstick skillet over medium-high.



4. Make mint raita

While **plant-based 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 **plant-based 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 **plant-based chicken** to skillet in a single layer and cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip and cook, undisturbed, until heated through and golden, 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!