



Chicken Tikka Kebabs

Ingredients:

- 100ml reduced fat creme fraiche
- 60g tikka curry paste
- 2 tsp sweetener
- 500g skinless chicken breast, cut into pieces
- flat breads & gluten free pittas
- salad
- handful fresh coriander, chopped for garnish

Instructions:

- Combine the creme fraiche with the curry paste and sweetener in a bowl. Add the chicken and toss to fully coat. Leave to marinate for 30 minutes.
- Heat the grill, add the chicken and cook for 15 - 20 minutes turning regularly until cooked through.
- Whilst the chicken is cooking prepare the salad
- Warm the flatbreads and gluten free pittas according to the pack instructions

Notes:

The chicken can be marinated for 3 to 4 hours or overnight if time for added depth of flavour.