

Chicken & Bean Roti

INGREDIENTS

- 15ml olive oil
- 1 Rainbow Chicken Breast, cut into big chunky strips
- 1 tsp curry powder
- 1 x tin red kidney beans, drained and rinsed
- Salt & pepper to taste
- 4 ready-made roti
- Lettuce leaves
- half tomato, finely chopped
- 1 feta cheese round, crumbled
- 2 Tbs fresh coriander, chopped

DIRECTIONS

Heat the oil in a frying pan over medium heat and brown the chicken breast strips before adding the curry powder. Fry for 2 minutes. Add the red kidney beans, salt and pepper and heat through. Warm the rotis and line with lettuce leaves and spoon on the chicken mixture. Top with coriander, tomato, crumbled feta cheese and roll up. Repeat for all four rotis.