



Ingredients

- 1 packet Maggi Juicy Cajun Chicken
- 600 g Chicken thighs
- 225 g Mini wraps or flatbreads (8 per pack)
- 200 g Green Leaf Lettuce
- 200 g Red Cabbage
- 200 g Carrots
- 1 small Red onion
- 40 g Garden Cress
- 20 g fresh coriander, chopped
- 40 g Pomegranates
- 5 g Dried Sesame
- 1 Clove Garlic
- 4 tablespoons Low Fat Yogurt
- 20 g Lemon Juice

Instructions

1. Preheat the oven to 180°C (160°C fan) or Gas Mark 4. Tear the top part of the Maggi pack open and open out the bag (keep the red tie for later), and tip the seasoning in from the lower part of the pack. Add the chicken thighs. Use the tie to close the bag at one end. Rub the seasoning into the chicken by mixing and turning the bag. Then put the bag down flat on one side into a casserole dish. Cook in the centre of the oven for 55 minutes (making sure there is enough room for the bag to inflate and not touch other shelves inside the oven).
2. Remove the dish from the oven and leave to stand for 5 minutes before opening the bag (the steam will be very hot!). Tip the chicken into the casserole dish and shred the meat using 2 forks.
3. If you're making the garlic yogurt sauce - crush the garlic with a pinch of salt and mix into the yogurt with a squeeze of lemon juice. Heat the wraps in a microwave or in a hot pan for a few seconds. Add 1 tbsp. of the yogurt sauce on top of each wrap and spread evenly with a spoon. Top with some beetroot salad leaves, shredded red cabbage, grated carrot, cress, coriander and onion slices and some of the hot shredded chicken. Top with the sesame seeds and tuck in!

Nutrition

Carbohydrate	49.21 g
Energy	606.16 kcal
Fat	30.55 g
Fibre	6.34 g
Protein	33.74 g
of which: saturates	7.8 g
Sodium	620.39 mg
of which: sugars	12.02 g

🕒 60 Minutes

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