

INGREDIENTS

1 pack Garden Gourmet Sensational Chicken-Style Breast

1 tsp chicken shawarma spices mix

2 large tomatoes, sliced

160g shredded lettuce

1/2 a cucumber

2 spring onions (or sliced red onion)

1 lemon

2tbsp vegan yogurt alternative (or low fat yogurt)

2 wraps or flatbreads

1/2 clove garlic

1tsp olive oil

fresh coriander leaves, optional



There's something extra tasty in foods you can eat with your hands! We love these simple and delicious Mediterranean flavours... with a vegan twist of course!

PREPARATION

1. Season the Sensational Chicken-Style Breasts

Brush the chicken-style breasts with oil and coat with the spice seasoning.

2. Cook the breasts

Fry the chicken-style breasts on a low-medium heat for 5-8 minutes until hot throughout, then slice thinly.

3. Make the tzatziki

Finely chop the cucumber, place into a sheet of kitchen paper, wrap it up and squeeze out some of the juice. Throw this into a bowl with the yogurt, a squeeze of lemon juice, the crushed garlic and a little salt and pepper.

4. Serve up!

Warm the flatbreads in the microwave or toast over a gas flame for a few seconds. Slice the tomatoes and spring onions. Serve the warm flatbreads with the salad, chicken-style breasts and topped with the spring onions. Serve with extra lemon wedges and fresh coriander if you have it!

CHECK OUT MORE RECIPES AT [GARDENGOURMET.COM](https://www.gardengourmet.com)