

Chicken Paratha Roll Recipe

Calories 153

10 minutes prep

40 min cooking and assembly

Ingredients

200gm cubed chicken breast
1 medium tomato
¼ teaspoon red chilli powder
20ml Rapeseed oil
½ cucumber thinly sliced using a peeler
8 coriander leaves
1 large onion thinly sliced
½ teaspoon garam masala
1 lemon wedge
¼ red onion thinly sliced

Paratha Dough

125gm of sifted plain flour (gluten flour will work as an alternative)
118ml of tepid water
2gm Rapeseed Oil (any oil is ok here)
Pinch of salt

Chicken Marinade

½ a teaspoon of coriander powder
¼ teaspoon of turmeric powder
Pinch of black pepper, cracked or ground
1 garlic clove peeled and minced
½ teaspoon cumin powder
1 teaspoon of low-fat yoghurt (if dairy intolerant look in 'tips' for advice)
½ teaspoon of ginger paste (15gm peeled and grated if using fresh)

Tips

If dairy intolerant you can also use a tinned coconut milk. Place the tin in the fridge for 4-6 hours or overnight. By doing this the liquid and coconut milk will have separated, discard of the liquid/ water and place the coconut milk into a mixing bowl and whip until peaks. Use what you need for this recipe and place the rest into an airtight container and keep in the fridge up to 5 days or use as a topping of a fabulous dairy free carrot cake with a squeeze of orange juice.

Marinate the chicken the night before.

Make the dough for the parathas before making the recipe (allow ten minutes for this) or can be done the day before also and kept in an airtight container up to 5 days
If a kitchen aid or similar mixer is available feel free to use for ease with a dough hook

Chicken Paratha Roll Method

For the dough mix the plain flour, oil and salt together in a mixing bowl. Slowly add the water and knead into a smooth dough. Divide the mixture into 4 equal sized balls. On a lightly floured surface using a rolling pin roll out each ball into a round paratha to the thickness of a 10 pence piece. Place on a plate with parchment paper in between to prevent sticking together if making before.

Marinate your diced chicken breast with ground coriander, black pepper, garlic, cumin, yoghurt or dairy alternative, turmeric and ginger. Marinate for an hour or the night before.

Heat 10 ml of rapeseed oil in a frying pan on a medium heat. Add your sliced onions, chilli powder and garam masala and sauté caramelising these until lightly browned. (about 4-5 minutes)

Add your marinated chicken to the onions and sear the chicken on the outside this will take about 4-6 minutes.

Add the chopped tomato and cook these for about 6 minutes stirring and breaking down the tomato, add 150 ml of water place a lid on the pan and cover for a further 10 minutes on a low heat to hardly any liquid allowing the mixture to reduce creating a beautiful sauce and tender infused chicken.

Heat a small frying pan on a medium heat and once warm hot place a paratha in the pan and cook each side for about a minute, or until slightly browning. Remove on to a kitchen board next to each other and start to build your rolls.

Lay a paratha, take ¼ of your chicken mix and make a little line just off centre leaving enough space at the bottom to wrap tightly..... Squeeze the lemon wedge over your chicken mix and garnish with coriander leaves peeled cucumber and red onions, wrap and enjoy a healthy lunch. Optional can serve with the remainder of the juice or sour cream, crème fraîche to dip.

