CHEESY CHAPATI WRAP

INGREDIENTS

- 4 slices CheeseLove Sandwich cheese (Gouda)
- 2 Chicken breasts cut in strips
- 2 ready chapatis
- 1 red pepper
- 1 onion
- 2 cloves garlic
- 1 teaspoon curry powder
- 1 tablespoon tomato paste
- 1 teaspoon paprika
- Salt and black pepper to taste
- Avocado (optional)
- Lemon (optional)
- 2 tablespoons vegetable oil

INSTRUCTIONS

1 Start by sautéing your onions in vegetable oil. Follow by adding the curry and paprika, then the chicken strips to cook. After a few 5-7 minutes, add the sliced peppers and mix everything well. Season with salt and pepper then add tomato paste and a bit of water to mix everything well. Leave to cook for another 7 -10 minutes. (The key is to make sure the chicken is cooked through and the veggies are still crunchy)

2 Lay the chapatti on a plate, followed by a few slices of the cheese then the chicken mixture. In a small bowl smash avocado and drizzle salt and lemon juice to keep it from blackening. Put the smashed avocado on top of the chicken and wrap it up. Enjoy!