

RFSS Recipes 2026

Our Healthy Dish Recommendations

Mr Fox's Jeera Chicken Wraps

Ingredients:

- 1 large red onion, into half rounds
- 2 tsp cumin seeds
- 3tsp ginger paste
- 2 plum tomatoes, or about 1/3 of a can
- 3 green chilis
- 4 chicken breasts, cut into bitesize pieces
- 1 red pepper, into strips
- 2 tbsp cooking oil
- 3 tbsp tandoori masala
- 30g fresh coriander, to garnish
- 8 plain tortilla wraps
- 4 tbsp yogurt
- 100g fresh spinach leaves

Method:

- Put 2 tablespoons of oil in a pan and allow it to heat up on a medium heat – add the onion
- Add Cumin and ginger and cook for a 3-4 minutes until you can smell the cumin cooking
- Add the chills, and cook for another 5 minutes
- Add the chicken, stir and then add the tandoori masala, stir well and let it cook on a low heat until the chicken is cooked through
- Now add the peppers and cook for a further 5-6 mins until they are cooked through
- Add coriander to garnish at the end

