



CLONAKILTY

CAJUN CHICKEN & ROASTED VEGETABLE WRAPS WITH CAJUN YOGURT DRESSING





Cajun Chicken & Roasted Vegetable Wraps with Cajun Yogurt Dressing

Recipe by Chef Edward Hayden

Ingredients

- **Cajun Chicken**
- 4 chicken breasts-sliced in half
- 2 level teaspoon of Cajun powder
- 2 dessertspoon of oil
- **Roasted Vegetables**



- 1 courgette-cut into lengths
- 1 ½ mixed peppers-cut into chunks
- 1 red onion-cut into chunks
- 12-16 cherry tomatoes-left whole
- 1 spoon oil
- **Cajun & Mint Yogurt dressing**
- 7floz/200ml Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt
- ½ teaspoon Cajun powder
- 1 dessertspoon olive oil
- Seasoning
- 1 dessertspoon of freshly chopped mint
- **Other Ingredients**
- Tortilla Wraps
- Salad leaves

Directions

- **Cajun Chicken**
- Preheat the oven to 180°C/350°F/Gas Mark 4
- Place chicken in a large clean bowl. Sprinkle Cajun spice over the top. Add oil and mix thoroughly to ensure that all the chicken is fully coated with the spice mixture
- Place the chicken breasts onto a baking tray (lined with parchment paper) and transfer them to the oven for approximately 20-25 minutes (depending on thickness) until they are fully cooked
- **Roasted Vegetables**
- Place all the vegetables on a baking tray lined with baking parchment and drizzle with some oil. Season lightly with some salt and pepper
- Roast in the preheated oven (ideally whilst cooking the chicken) for 15-20 minutes, bearing in mind that they will continue to cook a little whilst cooling down. Once cooked pour into a medium sized bowl and allow to cool down
- **Cajun & Mint Yogurt dressing**
- Combine all ingredients together and store in the fridge until required
- **Other Ingredients**
- Lay the wraps onto a chopping board. Spread with the Cajun and mint yogurt. Place some lettuce leaves on top and then arrange the chicken (Sliced) and the roasted vegetables on top
- Warp these up tightly and serve immediately with some crisps or some salad garnish