




## Spicy Durban chicken prego roll with tomato salsa and raita

*A lighter take on curried chicken - perfect for lunches and suppers alike.*

 Less than 1 hour   **Serves:** 4

**Recipe Type:** Mains

**Main Ingredient:** Chicken

### Ingredients

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4 free range chicken breast fillets  
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1 packet durban spice curry kit  
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1 tsp PnP salt  
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2 tbsp PnP Finest extra-virgin olive oil  
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120 ml juice of 1 lemon  
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2 PnP tomatoes, chopped  
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1 PnP red onion, finely sliced  
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1 PnP cucumber  
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175 ml PnP plain low-fat yoghurt  
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30 grams PnP chopped mint  
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4 bakery rolls  
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60 grams PnP butter lettuce  
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### Method

- Mix together chicken breasts, PnP Durban spice curry kit, salt and olive oil.
- Stir in lemon juice and allow to marinate for 30 minutes.
- In a small bowl mix chopped tomato and red onion together.
- Season and allow to rest for 20 minutes for flavours to infuse.
- Slice cucumber into ribbons and mix with yoghurt.
- Stir through chopped mint.
- Grill chicken breasts on a braai or pan-fry each side until cooked through.
- Serve grilled chicken breasts on rolls with tomato salsa, raita and lettuce.

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