

FOOD & DINING

Give boring lunches a big boost



Lunch might not be the most exciting meal of the day, and conventional wisdom might not suggest it's the most important meal. But that does not mean lunch has to be boring. For those who tend to lean on sandwiches for their midday meals, straying from the sandwich norm can provide some variety and flavor. The following recipe for "Warm Tandoori Chicken Wraps" from Vicki Liley's "Asian Wraps & Rolls" (Periplus) can make for a unique lunch for the whole family or even serve as an easily prepared dinner.

WARM TANDOORI CHICKEN WRAPS

Makes 6 wraps

- 1/3 cup plain tandoori paste
- 2 tablespoons plus 1/2 cup plain yogurt
Grated zest and juice of 1 lemon
- 12 chicken tenderloin fillets or 3 skinless, boneless chicken breast fillets
- 2 carrots, peeled
- 1 English (hothouse) cucumber, halved and seeded
- 6 pieces naan
- 1 clove garlic, finely chopped
Leaves from 6 fresh mint sprigs, plus 2 tablespoons finely chopped fresh mint

In a small bowl, combine tandoori paste, 2 tablespoons yogurt, lemon zest, and lemon juice. Put chicken in a baking dish. Pour tandoori mixture over and stir until chicken is coated. Cover and refrigerate for 2 hours.

Light a fire in a charcoal grill or heat a grill pan. Brush grill or pan lightly with oil. Cook chicken for 4 to 5 minutes on each side, or until juices run clear when pierced with a skewer. Transfer to a cutting board and let rest for 5 minutes. Cut each tenderloin into 2 long strips (if using chicken breast fillets, slice each fillet into 4 long strips).

Using a vegetable peeler, cut carrot and cucumber into thin ribbons. To heat naan, follow instructions on packet. In a small bowl, stir 1/2 cup yogurt, garlic and chopped mint together.

Place naan on a work surface. Divide chicken, cucumber, carrot, and mint leaves among naan. Drizzle with yogurt mixture. Wrap the naan around filling and serve immediately.

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