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## Tandoori Steak Chapati with Minted Yoghurt

The Indian flag is made up of deep saffron, white and green, representing courage and sacrifice, truth, peace and purity, and prosperity respectively – a perfect balance of elements. We've taken inspiration from that classic palette to bring you this scrumptious tandoori beef chapati wrap. Orange carrots for sweetness, white creamy yoghurt for freshness and chargrilled zucchini for that hit of green. Perfect!



Prep: 10 mins Cook: 10 mins Total: 20 mins



level 1





high protein

## **Pantry Items**





Tandoori Paste









Beef Rump Steak

Zucchini

Yoghurt









Mint Carrot

Chapati Wraps

2P	4P	Ingredients	
1 tbs	2 tbs	tandoori paste	
2 tsp	4 tsp	olive oil *	
1 steak	2 steaks	beef rump	
1	2	zucchini, cut into 5 mm thick ribbons	
1 tub	2 tubs	yoghurt	
1 bunch	2 bunches	mint, finely chopped	
2	4	traditional chapati	
1	2	carrot, peeled & grated	

- May feature in another recipe
  - \* Pantry Items

## **Nutrition per serving**

Energy	1910	Kj
Protein	41.6	g
Fat, total	16.6	g
-saturated	5	g
Carbohydrate	31.3	g
-sugars	11.8	g
Sodium	611	mσ

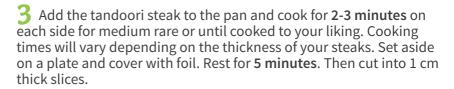
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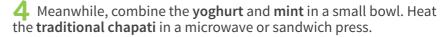
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You will need: chef's knife, chopping board, vegetable peeler, grater, greased chargrill pan, plate, foil, and a small bowl.

- Combine the **tandoori paste** with half of the **olive oil**. Coat the **steaks** in the tandoori mixture.
- 2 Heat a greased chargrill pan or BBQ over a medium-high heat. Toss the **zucchini** in the remaining olive oil and season with **salt** and **pepper**. Cook for **1-2 minutes** on each side or until lightly grilled. Set aside.













**Did you know?** Mint owes its name (and possibly its origins!) to Ancient Greek mythology.