

## PERi-Tamer Wrap



### Ingredients

- 1 Large chicken breast
- Nando's Medium PERi-PERi sauce for marinade, ½ 125ml bottle
- 2 Large wraps
- 1 Ripe tomato, sliced into rounds
- 1 Avocado, sliced
- 1 Soft round or butterhead lettuce

### Yoghurt Dressing

- 50g Greek yoghurt
- 50g PERinaise
- 2-3 Stalks fresh mint, finely chopped
- ½ Cucumber
- ¼ Tsp ground cumin

### Homemade PERi-Tamer

- 50g Tomato Ketchup
- 2 Tbsp Worcestershire Sauce
- 1-2 Tbsp Honey or Maple Syrup
- 2 Tbsp Water
- Squeeze of fresh lemon juice
- A few grinds of fresh black pepper
- Large pinch smoked paprika

## Homemade PERi-Tamer

### Method

1. Mix all the ingredients together in a bowl.
2. The consistency should be like a glaze, not a thick sauce.
3. Taste. The sauce should be sweet but zingy with a nice tang. Add more honey or lemon juice/Worcestershire sauce for personal preference.



# PERi-Tamer Wrap

## Method

1. Cut the chicken breasts into thick strips and place in a bowl.
2. Coat chicken all over with the marinade.
3. Cover the bowl and put in the fridge for at least 1hr, preferably overnight.
4. For the yoghurt dressing, finely dice the cucumber.
5. In a small bowl, mix the yoghurt, PERinaise, cucumber and mint.
6. Heat a grill pan on the stove.
7. Grill the chicken for 2-3min each side until cooked.
8. Remove chicken from the grill pan and place on a plate. Keep the grill pan warm.
9. Brush over with the PERi-Tamer sauce.

## To assemble the wrap:

10. Lay the wrap on a board.
11. Spoon a generous amount of yoghurt dressing across the middle of the wrap, leaving about 5cm clear from the edges.
12. Follow with lettuce, sliced tomato and avocado.
13. Add the chicken.
14. Fold over the sides, then roll the wrap up tightly.
15. Place the wrap on the grill pan and toast both sides until the wrap is warm.





# Corn on the Cob

## Ingredients

125g Salted butter  
2 Cloves garlic, crushed  
Fresh coriander, finely chopped  
Zest & juice of ½ Lime

3 Good pinches of dried red chilli flakes (more if like it hot!)  
¼ Tsp smoked paprika  
2 Sweetcorn cobs



## Method

1. Leave the butter at room temperature until soft.
2. Put the butter on a large plate.
3. Add the garlic, coriander, lime zest & juice, paprika and chilli.
4. Using a fork, mash everything together until thoroughly blended.
5. Bring a large pan of salted water to the boil.
6. Blanch the corn for about 8 minutes, then drain.
7. Heat up the grill pan until hot.
8. Char the corn on each side. This will take about 5 minutes.
9. Remove the corn from the grill pan and spread over the butter.