

Chicken & Hummous Wraps



Serves 4 Prep 20 mins Cooking 12 mins Easy

Ingredients

2 tsp cumin seeds or ground cumin
8 free-range skinless, boneless chicken thighs
olive oil for brushing
2 medium carrots
8 flour tortillas
200g tub hummous
1 lemon
chopped parsley to garnish

1. Roughly crush the cumin seeds in a pestle and mortar or use the ground cumin seeds. Open out the chicken thighs and flatten slightly with your hand. Brush with a little oil and sprinkle with the crushed cumin seeds. Season. Heat a griddle pan until hot and cook the chicken for 5 -6 minutes each side until tender and cooked through. Cover with foil until ready to serve.
2. Coarsely grate the carrots. Microwave the tortillas for 10 seconds until just warm, or warm briefly on each side in a large dry frying pan.
3. Slice the chicken into strips. Spread the hummous thickly over the tortillas. Divide the chicken and grated carrot among them. Squeeze some lemon juice over each one, followed by a sprinkle of freshly chopped parsley. Fold in the sides, then roll tightly. Cut in half and eat while warm.