

These rice paper rolls will be bursting with flavour from the tandoori marinade, mango chutney and yoghurt dressing.

Ingredients

Makes 30 rice paper rolls

- 1/2 cup tandoori paste
- 4 tablespoons Greek yoghurt
- 4 cloves garlic, crushed
- 15 chicken tenderloins (about 1kg)
- 4 Lebanese cucumbers, trimmed
- 30 x 22cm round rice paper sheets
- 200g bag baby spinach leaves
- 3 carrots, grated
- 2 cups mint leaves
- 400g tzatziki
- 2/3 cup mango chutney

Method

1. To make tandoori chicken, combine paste, yoghurt and garlic in a bowl. Add chicken. Toss well to coat. Refrigerate, covered for 30 minutes.
2. Place chicken, in a single layer, on a large oven tray lined with baking paper.
3. Cook in a hot oven (200C) for about 15 minutes, or until chicken is cooked through. Remove. Cut in half lengthways. Cool.
4. Meanwhile, cut cucumber in half crossways. Cut into 1cm thick batons.
5. Working with one rice paper sheet at a time, submerge it in a shallow dish of water for about 10 seconds. Transfer to a chopping board.
6. Place 6 baby spinach leaves across the centre of the sheet. Top with one piece of chicken. Drizzle with 2 teaspoons yoghurt then 1 teaspoon chutney. Top with some of the cucumber, carrot and mint.
7. Fold in sides of sheet, then roll-up firmly from the end closest to you to enclose filling. Repeat to make 30 rolls in total. Serve.

Notes: For a vegetarian option, marinate and cook tofu strips.