

# PERi-PERi Chicken Wrap

## Ingredients

4 Boneless Chicken Thighs

1/2 bottle Nando's PERi-PERi  
Marinade

2 large wraps

1 block Halloumi

1 Lime

1 Ripe Avocado

1 Soft Round or Butterhead  
Lettuce, washed

PERi-salt, pepper & chilli flakes

## Method

1. In a bowl, coat the chicken thighs all over with the marinade.
2. Cover the bowl with clingfilm and put in the fridge for at least 1hr, preferably overnight.
3. Pre-heat the oven to 180C.
4. Transfer chicken thighs to a roasting tray skin side up.
5. Cook for approx. 20min until chicken is just cooked.
6. Heat up a lightly oiled grill pan.
7. When it's smoking hot, put the thighs in the grill pan.
8. Leave the thighs without moving them to get the grill marks, about 2min.
9. Turn thighs over & repeat step 8.
10. Remove from the grill pan and brush with your chosen Nando's sauce.
11. Keep the grilled thighs warm whilst preparing the wrap.



## Avocado & Halloumi

1. Half the avocado, peel and remove the stone.
2. Roughly chop the avocado halves and put into a bowl.
3. Squeeze over juice from the lime, a good pinch of chilli flakes and salt & pepper.
4. Using a fork, roughly mash everything together. We still want some chunks of avocado.
5. Slice the halloumi widthways into slices just under 1cm thick.
6. When the chicken is ready, heat a non-stick frying pan with a drop of olive oil on medium heat.
7. When the oil is hot, add 4 slices of halloumi and cook for 1-2min until golden brown.
8. Turn halloumi over and cook for 30sec.
9. Take the pan off the heat & brush halloumi with the chili jam.
10. Leave the halloumi in the pan to keep warm.

## To Assemble The Wrap

1. Lay the wrap on a board.
2. Squirt a generous amount of PERinaise across the middle of the wrap, leaving about 5cm clear from the edges.
3. Follow with lettuce, avocado & halloumi.
5. Roughly cut the chicken thighs into chunks and add to the wrap.
6. Spoon over a bit more chilli jam.
7. Fold over the sides, roll the wrap up tightly.
8. Place the wrap on the grill pan and toast both sides until the wrap is warm.



## Chilli Jam

### Ingredients

75g Long fresh red chillies  
(deseeded and cut into  
4 pieces)

75g Red Pepper (cored,  
deseeded and cut into rough  
chunks)

500g Jam Sugar

300ml Cider Vinegar



### Method

1. Dissolve the sugar in the vinegar in a wide, medium-sized pan over a low heat without stirring.
2. Put the cut-up chillies into a food processor and pulse until they are finely chopped.
3. Add the chunks of red pepper and pulse again until chopped.
4. Scrape the chilli-pepper mixture out of the food processor into the pan.
5. Bring the pan to the boil, then leave it at a rolling boil for 8-10 minutes. Do not be tempted to stir!
6. Test the consistency of the jam by spooning a teaspoon of jam onto a plate. It should just sit and not run.
7. Take the pan off the heat, give the jam a gentle stir and leave to sit and cool down.