

# Tikka Tortilla Twist



Prep Time

Cook Time  
8 min

Step 1 (1 min)

Step 2 (1 min)

Step 3 (2 min)

Step 4 (2 min)

Step 5 (1 min)

## Ingredients

- 1 tortilla
- 1 cup mixed chopped veggies (bell peppers, onions, tomatoes, etc.)
- 1/2 cup thickened IY tikka masala gravy
- 1/4 cup shredded cheese

## Instructions

### Preparing the Tortilla

Warm 1 tortilla in a pan or microwave.

1



### Spreading Tikka Masala Gravy

Spread 1/2 cup of thickened tikka masala gravy over the veggies.

2



### Adding Veggies

Add 1 cup of mixed chopped veggies on the tortilla.

3





#### Adding the protein

- 4** Add your protein of choice to the tortilla



#### Adding Cheese

- 5** Sprinkle 1/4 cup of shredded cheese over the tikka masala gravy.



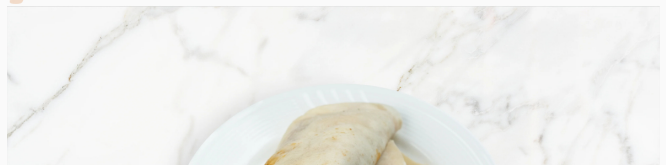
#### Rolling Up the Wrap

- 6** Roll up the tortilla tightly to enclose the filling.



A quick and tasty wrap with veggies, tikka masala gravy, and cheese.

**7**





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