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# TANDOORI DUCK WRAPS

An Indian-inspired take on simple wraps, this recipe uses an assortment of spices to give the dish a classic tandoori flavour.

**Difficulty:** Easy

**Serves:** 4

**Prep:** 15 mins

**Cooking:** 15 mins



## INGREDIENTS

### Mint and Coriander Raita

½ cup coriander leaves

1/4 cup mint leaves

½ cup yoghurt

1 green chili

Salt, to taste

½ teaspoon cumin powder

### Tandoori Spice Blend

2 teaspoon Kashmiri chili powder  
/ paprika

1 teaspoon cumin powder

1 ½ teaspoon coriander powder

¼ teaspoon turmeric powder

½ teaspoon black pepper powder

½ teaspoon ground ginger

1 teaspoon salt

### For the Duck

1 packet (360g) Smoked

Flavoured Duck Breast

2 cloves garlic, minced

1 teaspoon lemon juice

Few drops vegetable oil

### For assembly

4 large tortilla wraps

1 cup assorted salad greens  
(such as lettuce mix, rocket or  
baby spinach)

1 cucumber, sliced thinly

1 small onion, sliced

1 lemon, cut into wedges

## METHOD

1. Add all the ingredients of the mint and coriander raita in a blender. Blend to combine and set aside.
2. Add all the ingredients of the tandoori spice blend in a bowl. Stir to combine and set aside.
3. Take a small bowl, and add 2 teaspoon of the tandoori spice blend. Add lemon juice, minced garlic and few drops of vegetable oil. Stir to combine into a thick paste.
4. Pre-heat Oven to 190°C. Remove duck from pack and apply the tandoori paste on both sides of the duck breast. Place skin side up on a lined baking tray or dish. Bake for 10-12 mins. Once the duck is cooked, allow to rest for 2 minutes before slicing.
5. To make the duck wraps, start with placing salad greens on the wrap. Top with sliced cucumber and sliced onions, then the mint and coriander raita. Add sliced duck, and wrap. Cut into half, and serve with the raita on the side, along with lemon wedges.

Note:

- Duck breast is enough for 2 wraps
- Tandoori paste can be purchased from the supermarket, and used instead
- The remaining tandoori spice can be kept in an airtight container.

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