

OVERALL time: 80 mins

Chipotle Chicken Flatbreads

Smoky, spicy, and irresistibly delicious — these chipotle chicken flatbreads layer tender chicken, creamy sauce, and fresh toppings on a crisp base for an easy, flavour-packed meal everyone will love.

Metric

Number of servings : 8

ingredients

For pickled red onion

- 1 Large red onion, finely sliced
- 125 ml Water
- 125 ml Apple cider vinegar
- 30 ml Sugar
- 10 ml **Cape Herb and Spice Himalayan Pink Salt**

For the Chicken

- 700 g Free range chicken thighs deboned
- 30 ml **Cape Herb and Spice Chipotle chilli**

For the flatbreads

- 500 g Double cream plain yoghurt
- 300 g Self - raising flour
- 30 ml **Cape Herb and Spice Greek Style Lemon & Herb Rub**

For the Avocado

- 2 Large ripe Avocados
- 2 zest and juice of limes
- Coriander roughly chopped

To serve

- Plain yoghurt

- Lime wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 50 mins

For the onions:

Place sliced onion in a heatproof jar.

Place the rest of the ingredients in a small saucepan.

Bring to a simmer and stir to dissolve the salt and sugar.

Remove from the heat and pour the hot pickling liquid over the onion.

Allow to cool.

Cover and place in the fridge until serving.

For the chicken:

Preheat the air fryer to 200°C.

Place chicken thighs in a bowl and drizzle with olive oil.

Season well with Cape Herb & Spice Chipotle Chilli Seasoning.

Transfer chicken thighs to the air fryer.

Cook in batches if necessary so that you cook them in a single, spacious layer.

Air fry for about 12 minutes, depending on their size.

Set aside to rest before slicing.

For the flatbread:

Combine yoghurt, self-raising flour and Cape Herb & Spice Greek Style Lemon & Herb Rub in a bowl and mix well until a dough forms.

Divide the dough into 8 even balls.

On a lightly floured surface, gently press and stretch the dough into flatbreads.

Place a little olive oil in a baking tray and pop down the flatbreads and brush them with olive oil on both sides.

Preheat the air fryer to 200°C.

Gently place a few flatbreads into the air fryer basket.

Air fry for about 10 minutes, rotating half way through until deeply golden.

For the avocado:

Just before serving mix the diced avo with the lime zest, juice and coriander.

Season with a little Cape Herb & Spice Salt to taste and mix.

To assemble:

Spread a little yoghurt onto each flatbread.

Top with chipotle chicken.

Finish with the dressed avocado and pickled onions.

For an extra kick, sprinkle over a little extra Chipotle Chilli and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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