



# Mango Glazed Chicken Wraps

with Bell Peppers and Fresh Salad

Calorie Smart 35 Minutes • Under 600 Calories • Medium Spice • 1.5 of your 5 a day

6



Echalion Shallot



Garlic Clove



Bell Pepper



Lemon



Red Chilli



Coriander



Baby Gem Lettuce



Carrot



Diced Chicken Breast



Tomato Purée



North Indian Style Curry Powder



Mango Chutney



Soft Shell Taco

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan and Baking Tray.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Bell Pepper**	1	2	2
Lemon**	½	1	1
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	1½	2
Carrot**	1	2	2
Diced Chicken Breast**	280g	420g	560g
Tomato Purée	1 sachet	1½ sachets	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 sachet	1½ sachets	2 sachets
Soft Shell Taco <b>13</b>	4	6	8

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	2023/484	404/97
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	61	12
Sugars (g)	25	5
Protein (g)	43	9
Salt (g)	1.11	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

### Thumbs up or thumbs down?

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## Get Prepped

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper**, discard the core and seeds. Thinly slice. Zest and halve the **lemon**. Halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all). Trim the root from the **baby gem lettuce**, halve lengthways, thinly slice widthways. Trim and coarsely grate the **carrot** (no need to peel).



## Warm the Tortillas

Pop the **soft shell tacos** on the middle shelf of your oven to warm through, 2-3 mins.



## Start Cooking

Preheat your oven to 200°C. Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **diced chicken** and sliced **pepper** to the pan. Season with **salt** and **pepper**. **IMPORTANT: Wash your hands after handling raw meat.** Stir-fry until the **peppers** have softened and the **chicken** is golden all over, 6-8 mins. Lower the heat slightly and add the **shallot** to the pan.



## Salad Time

Meanwhile, pop the **carrot**, **lettuce**, **half the coriander** and a pinch of **chilli** in a bowl along with a squeeze of **lemon** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss to combine.



## Add the Flavour

Continue to stir-fry until the **shallot** is softened and **chicken** is cooked, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle!** Meanwhile, mix the **garlic**, **lemon zest**, **tomato purée**, **curry powder** (careful, it's hot) and **half of the mango chutney** together in a small bowl. Once the **chicken** is cooked, stir the mixture into the pan until well combined. Cook until everything begins char, 1 more minute, then remove from the heat.



## Dish Up

To assemble, lay out the **soft shell tacos** (2 per person) and spread the remaining **mango chutney** in the centre of each one. Share the **salad** between each **wrap** (you might have some leftover to have on the side). Add the **mango chutney chicken** on top. Sprinkle over some remaining **chilli** and **coriander**. Fold over one end to encase the base of the filling and roll up! Serve with any remaining **salad** on the side.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.