



Balanced Mango Chicken Wraps

with Bell Pepper and Baby Gem Salad

Calorie Smart 35 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

24



Echalion Shallot



Garlic Clove



Bell Pepper



Lemon



Red Chilli



Baby Gem Lettuce



Carrot



Diced Chicken Thigh



Tomato Puree



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:

Cutting Board, Knife, Garlic Press, Zester, Grater, Frying Pan, Baking Tray and Bowls.

Ingredients

	2P	3P	4P
Echalion Shallot**	½	1	1
Garlic Clove	1	2	2
Bell Pepper***	1	2	2
Lemon**	½	1	1
Red Chilli**	½	¾	1
Baby Gem Lettuce**	1	1½	2
Carrot**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets
Mango Chutney	2 sachets	3 sachets	4 sachets
Soft Shell Taco 13	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	493g	100g
Energy (kJ/kcal)	2519/602	511/122
Fat (g)	20	4
Sat. Fat (g)	9	2
Carbohydrate (g)	72	15
Sugars (g)	33	7
Protein (g)	36	7
Salt (g)	1.15	0.23

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

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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. 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 Tacos

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** 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 puree**, **north Indian style curry powder** (add less if you don't want it too spicy) 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 left over to have on the side). Add the **mango chutney chicken** on top. Sprinkle over some remaining **chilli**. 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.