



# CHERMOULA CHICKEN WRAPS

with Tzatziki and Slaw



BALANCED RECIPE



## HELLO CHICKEN THIGH

Chicken is a great source of lean protein and selenium. Selenium contributes to the maintenance of hair and nails.



Diced Chicken Thigh



Natural Yoghurt



Chermoula Spice Blend



Cucumber



Mint



Garlic Clove



Red Chilli



Coleslaw Mix



Red Wine Vinegar



Whole Wheat Soft Tortilla

MEAL BAG

20 mins

Medium heat

High Protein

Balanced

Under 550 calories

Low in sugar

Chermoula spice is a middle-eastern inspired marinade that has a fresh grassy flavour with a zingy, salty finish. It is traditionally used on seafood, but the flavours are a great match for the garlicky, smoky charred chicken in this recipe. A dollop of cooling tzatziki dip and kick of red chilli are the finishing ingredients for a wrap bursting with fresh flavours. Serve with a side of slaw for a dish that'll bring crunch and tang to your table.

GET PREPARED!

Get out your Utensils.

# BEFORE YOU START

🔪 Get out your **Utensils**. 🧼 **Wash** the veggies. 🍴 Make sure you've got **Mixing Bowl**, **Fine Grater** (or **Garlic Press**) and **Large Frying Pan**. Let's start cooking the **Chermoula Chicken Wraps with Tzatziki and Slaw**.



## 1 MARINATE THE CHICKEN

- Pop the **chicken** into a mixing bowl and add **half** the **natural yoghurt**.
- Sprinkle on the **chermoula spice blend** and a pinch of **salt**. Use your hands to mix everything together. Make sure that the **chicken** is well coated. Keep to one side. **🚫 IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



## 4 COOK THE CHICKEN

- Heat a splash of **oil** in a large frying pan over high heat.
- When hot, add the **chicken** and allow to brown, 3-4 mins. **★ TIP:** You want the chicken to char at the edges so don't be tempted to turn it too quickly.
- Turn once charred and then lower the heat to medium.



## 2 PREP TIME

- Trim the **cucumber**, quarter lengthways and chop widthways into small pieces.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed then finely chop.



## 5 FINISH OFF

- Add the remaining **garlic** to the **chicken**. Stir and cook until the **chicken** is cooked through, 6-8 mins more. **🚫 IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.
- Meanwhile, drizzle the **olive oil** (see ingredients for amount) onto the **slaw mix** and toss to coat.
- Get ready to serve.



## 3 MAKE THE TZATZIKI

- In a small bowl, mix **half** the **cucumber** with the remaining **yoghurt**, **half** the **mint** and a pinch of the **grated garlic**.
- Season with **salt** and **pepper** and keep to one side. Pop the **coleslaw mix** into a large bowl and add the remaining **cucumber** and **mint** and the **red wine vinegar**. Season with **salt** and **pepper**. Toss and keep to one side. **★ TIP:** The vinegar will soften the coleslaw mix.



## 6 SERVE

- Share the **slaw mix** between your plates. Pop a **tortilla wrap** alongside.
- Spread a good spoonful of the **tzatziki** onto each wrap and top with the **charred chicken pieces**.
- Finish with a sprinkle of red **chilli** for those whose like it.

ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Chicken Thigh *	280g	420g	560g
Natural Yoghurt 7) *	¾ pouch	1 pouch	1½ pouches
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Cucumber *	½	¾	1
Mint *	½ bunch	¾ bunch	1 bunch
Garlic Clove *	1	1	2
Red Chilli *	½	½	½
Coleslaw Mix *	1 bag	1½ bags	2 bags
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Whole Wheat Soft Tortilla 13)	2	3	4

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 407G	PER 100G
Energy (kJ/kcal)	2075 / 496	510 / 122
Fat (g)	19	5
Sat. Fat (g)	4	1
Carbohydrate (g)	31	8
Sugars (g)	8	2
Protein (g)	47	12
Salt (g)	1.25	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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