



Curried Chicken Wraps

with Mango Chutney, Yoghurt and Baby Gem Salad

24

Calorie Smart Eat Me Early • 35-40 Minutes • Mild Spice • Under 650 Calories



Echalion Shallot



Garlic Clove



Lemon



Red Chilli



Baby Gem Lettuce



Carrot



Diced Chicken Thigh



Tomato Puree



North Indian Style Spice Mix



Mango Chutney



Plain Taco Tortilla



Greek Style Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, fine grater, coarse grater, frying pan, bowl and baking tray.

Ingredients

	2P	3P	4P
Echalion Shallot**	½	1	1
Garlic Clove**	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 Spice Mix	1 pot	1 pot	2 pots
Mango Chutney	2 sachets	3 sachets	4 sachets
Plain Taco Tortilla 13)	4	6	8
Greek Style Natural Yoghurt** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	437g	100g
Energy (kJ/kcal)	2574 /615	589 /141
Fat (g)	22.3	5.1
Sat. Fat (g)	7.8	1.8
Carbohydrate (g)	63.9	14.6
Sugars (g)	32.2	7.4
Protein (g)	37.8	8.7
Salt (g)	1.65	0.38

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lemon**. Halve the **chilli** lengthways, deseed and finely chop.

Trim the **baby gem**, halve lengthways, then thinly slice widthways. Trim and coarsely grate the **carrot** (no need to peel).



Warm the Tortillas

Pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until the **chicken** is golden all over, 6-8 mins.

Lower the heat slightly, then add the **shallot** and stir-fry until the **shallot** has softened and the **chicken** is cooked through, 3-4 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Make the Salad

Meanwhile, add the **carrot**, **lettuce** and some **chopped chilli** (careful, it's hot - use less if you don't like heat) to a medium bowl.

Squeeze in some **lemon juice** and drizzle with a little **oil**. Season with **salt** and **pepper**, then toss to combine.



Add the Flavour

Meanwhile, preheat your oven to 200°C.

Mix together the **garlic**, **lemon zest**, **tomato puree**, **North Indian style spice mix** (add less if you don't like heat) and **half the mango chutney** 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 min, then remove from the heat.



Assemble and Serve

When ready, pop the **warmed tortillas** on your plates (2 per person).

Spread a spoonful of the remaining **mango chutney** in the centre of each, then top with a handful of **salad**, the **curried chicken** and a spoonful of **yoghurt**. Sprinkle over some more **chopped chilli** if you'd like more heat.

Fold over one end to encase the base of the **filling** and roll up. Serve with the remaining **salad** alongside.

Enjoy!

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