



Chicken Korma Wraps

with Carrot and Cumin Kachumber and Baby Gem Lettuce

Calorie Smart 30 Minutes • 1 of your 5 a day

28



Carrot



Lemon



Garlic



Black Beans



Cumin Seeds



Chicken Stock Paste



Korma Curry Paste



Diced Chicken Thigh



Baby Gem Lettuce



Baby Plum Tomatoes



Natural Yoghurt



Wholewheat Tortilla

Before you start

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

Cooking tools, you will need:

Grater, Zester, Garlic Press, Sieve, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Lemon**	½	½	1
Garlic Clove	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Cumin Seeds	½ sachet	¾ sachet	1 sachet
Chicken Stock Paste	10g	15g	20g
Korma Curry Paste 9)	1 sachet	2 sachets	2 sachets
Water for the Beans*	50ml	75ml	100ml
Diced Chicken Thigh**	210g	350g	420g
Baby Gem Lettuce**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Natural Yoghurt 7)**	75g	120g	150g
Wholewheat Tortilla 13)	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	566g	100g
Energy (kJ/kcal)	2819 / 674	498 / 119
Fat (g)	25	4
Sat. Fat (g)	7	1
Carbohydrate (g)	69	12
Sugars (g)	14	2
Protein (g)	39	7
Salt (g)	3.42	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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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Packed in the UK

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Prep

Trim the **carrot** then coarsely grate (no need to peel). Zest and halve the **lemon** (see ingredients for amount). Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve. Pop **half** of the **beans** into a bowl and mash with the back of a fork or masher.



Chook Time

Meanwhile, heat a drizzle of **oil** in another large frying pan on medium-high heat. When hot, add the **diced chicken thigh** and remaining **korma paste**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Cook Time

Heat a large frying pan on medium-heat (no **oil**). Once hot, add the **cumin seeds** (see ingredients for amount) and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer them into a small bowl and return the pan to the heat with a drizzle of **oil**. When hot, add the **garlic** and stir-fry for 1 min.



Salad Time

While the **chicken** cooks, trim the root from the **baby gem lettuce** and halve lengthways, then thinly slice widthways. Halve the **baby plum tomatoes** and pop into a bowl with the **baby gem lettuce**. Add the **yoghurt** and **lemon zest**, mix well. Pop the **carrot** and **toasted cumin seeds** into another bowl. Squeeze in some **lemon juice** and season with **salt** and **pepper**. This is your **carrot kachumber**.



Bean There Done That

Add both the crushed and whole **black beans** to the pan along with the **chicken stock paste** and a quarter of the **korma paste**. Add the **water** for the **beans** (see ingredients for amount) and bring to a simmer. Cook until thickened, 4-5 mins.



Finish and Serve

Once everything is ready, reheat the **bean mix** if needed and share between your **wraps**. Top with the **chicken** and **carrot kachumber**. Roll up your **wraps** and serve with the **salad** alongside.

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.