



Mango Chicken Wraps

with Green Pepper

N° 7

BALANCED 35 Minutes • Under 600 Calories • Medium Heat • 1.5 of your 5 a day



Echalion Shallot



Garlic Clove



Green Pepper



Lemon



Red Chilli



Coriander



Baby Gem Lettuce



Carrot



Chicken Thigh



Tomato Puree



North Indian Style Curry Powder



Mango Chutney



Soft Shell Taco

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Coarse Grater, Large Frying Pan and Mixing Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Green 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
Chicken Thigh**	3	-	-
Diced Chicken Thigh**	-	420g	560g
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 pot	1½ pots	2 pots
Soft Shell Taco 13	4	6	8

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	486g	100g
Energy (kJ/kcal)	2253 / 539	463 / 111
Fat (g)	14	3
Sat. Fat (g)	4	1
Carbohydrate (g)	58	12
Sugars (g)	23	5
Protein (g)	45	9
Salt (g)	1.25	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. 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). If you have been sent whole **chicken thighs**, chop them up into 2cm chunks. **IMPORTANT:** Wash your hands after handling raw meat.



4. Warm the Tortillas

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



2. 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.



5. 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.



3. 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**, **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 to char, 1 more minute then remove from the heat.



6. 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!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • High Protein

Featured Ingredient: Carrots are a rich source of vitamin A, which promotes good vision.

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.