



Mango Chutney Glazed Chicken Wraps with Wedges, Pepper and Baby Gem

Classic Eat Me Early • 40 Minutes • Mild Spice • 2 of your 5 a day

1



Potatoes



Red Onion



Garlic Clove



Bell Pepper



Baby Gem Lettuce



Diced Chicken Thigh



Tomato Puree



North Indian Style Spice Mix



Mango Chutney



Plain Taco Tortilla



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!


Before you start

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

Cooking tools

Baking tray, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Baby Gem Lettuce**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Mango Chutney	2 sachets	3 sachets	4 sachets
Plain Taco Tortilla 13)	6	9	12
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
 Diced Chicken Breast**	280g	420g	560g

*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	723g	100g
Energy (kJ/kcal)	3968 /948	549 /131
Fat (g)	32	4
Sat. Fat (g)	8	1
Carbohydrate (g)	128	18
Sugars (g)	32	4
Protein (g)	42	6
Salt (g)	1.50	0.21

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	723g	100g
Energy (kJ/kcal)	3651 /873	505 /121
Fat (g)	21	3
Sat. Fat (g)	5	1
Carbohydrate (g)	128	18
Sugars (g)	32	4
Protein (g)	47	7
Salt (g)	1.50	0.21

Nutrition for uncooked ingredients based on 2 person recipe.


Allergens

13) 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.

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Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Add the Flavour

Add the **onion** to the pan and continue to stir-fry until the **onion** is softened and the **chicken** is cooked, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Meanwhile, mix the **garlic**, **tomato puree**, **North Indian style spice mix** and **half 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 caramelize, 1 more min. Remove from the heat.



Finish the Prep

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper**, discard the core and seeds, then thinly slice. Trim the **baby gem**, halve lengthways, then thinly slice.



Warm the Tortillas

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



Start Cooking

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **diced chicken** and **sliced pepper** to the pan. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Season with **salt** and **pepper**. Stir-fry until the **peppers** have softened and the **chicken** is golden all over, 6-8 mins.



CUSTOM RECIPE

If you've opted to get **diced chicken breast** instead of **thigh**, cook in the same way.



Assemble the Wraps

To assemble, lay out the **tortillas** (3 per person) and share out **half the mayonnaise** (see ingredients for amount) in the centre of each one. Add the **baby gem lettuce** and **mango chutney chicken**, then drizzle over any leftover **mayo** and **mango chutney**. Fold over one end to encase the **filling** and roll up. Serve with the **potato wedges** on the side.

Enjoy!