

# Mango Chutney Glazed Chicken Wraps

with Spiced Pepper and Potato Wedges

FAMILY Hands on Time: 30 Minutes • Total Time: 35 Minutes • Medium Heat • 1 of your 5 a day









**Echalion Shallot** 



**Garlic Clove** 







Coriander



Baby Gem Lettuce







Diced Chicken

Tomato Puree



Mango Chutney



Soft Shell Tacos



Mayonnaise

# Before you start

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

#### Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press) and Large Frying Pan.

#### Ingredients

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	2P	3P	4P
Potato**	1	2	2
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Yellow Pepper**	1	2	2
Lemon**	1/2	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 pot	2 pots	2 pots
Soft Shell Tacos 13)	4	6	8
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
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\*Not Included \*\* Store in the Fridge

### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	593g	100g
Energy (kJ/kcal)	3084 /737	520/124
Fat (g)	26	4
Sat. Fat (g)	5	1
Carbohydrate (g)	85	14
Sugars (g)	22	4
Protein (g)	40	7
Salt (g)	1.30	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

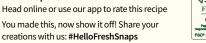
8) Egg 9) Mustard 13) Gluten

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.

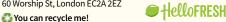
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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Packed in the UK



## 1. Roast the Wedges

Preheat your oven to 200°C. Chop the potatoes into 2cm wide wedges (no need to peel). Pop the wedges on a large baking tray in a single layer. Drizzle with oil, salt and pepper. Toss to coat in the oil, then roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through cooking.



## 2. Finish the Prep

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 the lemon and cut into wedges. Roughly chop the coriander (stalks and all). Trim the root from the **baby gem lettuce**, halve lengthways, thinly slice widthways. Mix the baby gem lettuce and half the coriander together in a bowl.



## 3. Start Cooking

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. Stir-fry until the peppers have softened and the **chicken** is golden all over, 6-8 mins. Add the **shallot** to the pan.



#### 4. 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 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 caramelise, 1 more minute. Remove from the heat.



# 5. Mix the Mayo

Pop the **soft shell tacos** on the middle shelf of your oven to warm through, 2-3 mins. In another small bowl, mix half the mayo with the remaining mango chutney.



## 6. Dish up

To assemble, lay out the wraps (2 per person) and spread the remaining **mayonnaise** in the centre of each one. Share the **baby gem lettuce** between each wrap. Add the mango chutney chicken on top. Sprinkle over the remaining **coriander**. Fold over one end to encase the base of the filling and roll up! Serve with the potato wedges, leftover lemon wedges and mango chutney mayo on the side.

**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.