



# Mango Chutney Glazed Chicken Wraps

with Spiced Red Pepper and Potato Wedges

N° 9

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



Baking Potato



Echalion Shallot



Garlic Clove



Yellow Pepper



Lemon



Coriander



Baby Gem Lettuce



Diced Chicken Thigh



Tomato Puree



North Indian Curry Powder



Mango Chutney



Soft Shell Tacos



Mayonnaise

## Before you start

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

### Basic cooking tools, you will need:

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

### Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Yellow Pepper**	1	2	2
Lemon**	½	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 sachet	2 sachets	2 sachets
Soft Shell Tacos (13)	4	6	8
Mayonnaise (8) (9)	1 sachet	2 sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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## 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.



## 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 caramelize, 1 more minute. Remove from the heat.



## 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.



## 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**.



## 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.



## 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.