



# Mango Chutney Glazed Chicken Wraps with Spiced Pepper and Potato Wedges

Classic Eat Me Early • 35 Minutes • Medium Spice • 1 of your 5 a day

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- Baking Potato
- Echalion Shallot
- Garlic Clove
- Bell Pepper
- Lemon
- Coriander
- Baby Gem Lettuce
- Diced Chicken Thigh
- Tomato Puree
- North Indian Curry Powder
- Mango Chutney
- Soft Shell Tacos
- Mayonnaise
- 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.



## Before you start

### Cooking tools, you will need:

Large Baking Tray, Garlic Press, Zester, Large Frying Pan

### Ingredients

|  |             |             |             |
|--|-------------|-------------|-------------|
|  | 2P          | 3P          | 4P          |
| Baking Potato**  | 1           | 2           | 2           |
| Echalion Shallot**   | 1           | 1           | 2           |
| Garlic Clove**   | 1           | 2           | 2           |
| Bell 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 pot       | 2 pots      | 2 pots      |
| Soft Shell Tacos <b>13</b>   | 4           | 6           | 8           |
| Mayonnaise <b>8</b> ) <b>9</b> )   | 1 sachet    | 2 sachets   | 2 sachets   |
|  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        |
|--------------------------------|--------------------|-----------------|
| <b>for uncooked ingredient</b> | <b>600g</b>        | <b>100g</b>     |
| Energy (kJ/kcal)               | 2947 /704          | 491 /117        |
| Fat (g)                        | 20                 | 3               |
| Sat. Fat (g)                   | 5                  | 1               |
| Carbohydrate (g)               | 89                 | 15              |
| Sugars (g)                     | 23                 | 4               |
| Protein (g)                    | 40                 | 7               |
| Salt (g)                       | 1.30               | 0.22            |
| <b>Custom Recipe</b>           | <b>Per serving</b> | <b>Per 100g</b> |
| <b>for uncooked ingredient</b> | <b>600g</b>        | <b>100g</b>     |
| Energy (kJ/kcal)               | 2631 /629          | 438 /105        |
| Fat (g)                        | 9                  | 2               |
| Sat. Fat (g)                   | 2                  | 1               |
| Carbohydrate (g)               | 89                 | 15              |
| Sugars (g)                     | 23                 | 4               |
| Protein (g)                    | 46                 | 8               |
| Salt (g)                       | 1.30               | 0.22            |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

8) Egg 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.

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### Roast the Wedges

Preheat your oven to 200C. 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.



### 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.



### 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.



### Warm the Tacos

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**.



### 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.



### CUSTOM RECIPE

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



### Dish up

To assemble, lay out the **wraps** (2 per person) and spread the remaining **mayo** 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!