



MEXICAN CHICKEN WRAPS

with Potato Wedges and Apple, Carrot & Beetroot Slaw



HELLO BEETROOT

Both the leaves and root of a beetroot can be eaten. The leaves have a bitter taste whereas the root is sweet.



Potato



Carrot



Apple



Beetroot



Lemon



Natural Yoghurt



Baby Gem Lettuce



Coriander



Chicken Breast



Fajita Seasoning



Honey



Whole Wheat Soft Tortilla



Blushed Tomato Mayonnaise

40 mins

Family Box

2 of your 5 a day

Medium Heat

These Mexican inspired chicken wraps are accompanied by a slaw that's as colourful as it is delicious. Apple, carrot and beetroot combine to make a salad that's fresh, crunchy and sweet. Here's a tip for preparing it without looking like Lady Macbeth: before peeling and grating the beetroot, rub some oil over your hands. It will help prevent staining and allow you to keep the colour on the plate!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Coarse Grater**, **Peeler**, three **Mixing Bowls** and a **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 220°C. Chop the **potato** into wedges about the size of your index finger (no need to peel). Put on a baking tray and drizzle over a little **olive oil**. Season with **salt** and **black pepper**. Toss to coat then roast on the top shelf of your oven for 25-30 mins. Turn halfway through cooking.



2 MAKE THE SLAW

Coarsely grate the **carrot** and **apple**. Peel and grate the **beetroot**. Put all three in a mixing bowl and squeeze over half the **lemon juice**. Add the **yoghurt** and mix. **★ TIP:** *If your children aren't fans of beetroot, leave it out of the slaw and add it in separately for the adults at the end.* Remove the **baby gem** root, halve lengthways, thinly slice and put in a small bowl. Roughly chop the **coriander** (stalks and all).



3 CHOP THE CHICKEN

Lay each **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side so you can open it up like a book. You've now butterflied your chicken! Chop into 1cm pieces. Put the **chicken** in a mixing bowl. Add the **fajita seasoning**, the remaining **lemon juice** and the **honey**. Season with **salt** and **black pepper** and mix well.



4 COOK THE CHICKEN

Put a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **chicken**. Cook until lightly browned, 5-6 mins. If your pan is small, do this in batches as the chicken needs to fry, not stew! **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.* Once done, put the **chicken** in another mixing bowl. Add the **coriander** and stir to combine.



5 WARM THE TORTILLAS

Put the **tortillas** in your oven to warm through for a few minutes while you put your bowls of **lettuce**, **slaw** and **chicken** on the table, along with a big plate of **potato wedges**!



6 FINISH AND SERVE

Assemble at the table! Serve your wraps with a little **tomato mayonnaise**, the **chicken** and some **lettuce** inside and have some **wedges** and **slaw** as accompaniments. **Enjoy!**

4 PEOPLE INGREDIENTS

Potato, chopped	2 packs
Carrot, grated	1
Apple, grated	1
Beetroot, grated	1
Lemon	1
Natural Yoghurt 7)	1 pot
Baby Gem Lettuce, sliced	2
Coriander, chopped	1 bunch
Chicken Breast, chopped	3
Fajita Seasoning	1½ tsp
Honey	2 tbsp
Whole Wheat Soft Tortilla 1)	8
Blushed Tomato Mayonnaise 3) 10)	4 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	796	117
(kJ)	3353	493
Fat (g)	23	3
Sat. Fat (g)	3	0
Carbohydrate (g)	103	15
Sugars (g)	25	4
Protein (g)	45	7
Salt (g)	1.80	0.26

ALLERGENS

1)Gluten 3)Egg 7)Milk 10)Mustard

Blushed Tomato Mayonnaise: Rapeseed Oil, Free Range Pasteurised Whole Egg (11%), SunBlush® Tomatade® (5%) (SunBlush® Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Water, Unrefined Raw Cane Sugar, Acid: Acetic Acid, Sea Salt, Lemon Juice Concentrate, **Mustard** Flour.

THUMBS UP OR THUMBS DOWN?

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