



TASTY CHICKEN WRAPS

with Potato Wedges and Simple Salad



HELLO HONEY

A cave painting in Valencia suggests that we have been hunting for honey for over 8,000 years!



Potato



Diced Chicken Breast



Central American Spice Mix



Honey



Lime



Premium Baby Leaf Mix



Cucumber



Soured Cream



Whole Wheat Soft Tortillas

MEAL BAG



Hands on: **10** mins
Total: **35** mins



Family Box



1 of your
5 a day



Little heat

For a recipe that delivers on flavour and speed, this simple but delicious dish comes out on top. Quick, easy, and a brilliant thing to cook with the kids sous-chefing by your side, these chicken wraps are guaranteed to score big points with your family. Serve everything up at the table and get everyone to assemble their own wraps. Fast family food at its finest!

10

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper**, two **Baking Trays**, a **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** (no need to peel) into wedges about the size of your index finger. Put the **wedges** on a lined baking tray, season with a pinch of **salt** and a good grind of **pepper**. Drizzle over enough **oil** to coat them, mix well and roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



2 COAT THE CHICKEN

Put the **chicken** in a mixing bowl and add a pinch of **salt**, a good grind of **pepper**, the **Central American spice mix**, **half the honey** and **half the lime juice**. Give everything a good stir to make sure the **chicken** is coated and leave to one side. **IMPORTANT:** Wash your hands after handling raw meat.



3 MAKE THE SALAD

Pop the **baby leaves** in a large bowl. Remove both ends from the **cucumber**, halve lengthways, then slice into thin half moons. Add the **cucumber** to the **leaves**, or keep them separate if your kids don't like both together! In a small bowl, combine the remaining **lime juice** and **honey** with the **olive oil** (see ingredients for amount) and add a pinch of **salt** and **pepper**. This is your **salad dressing** (you can dress the salad later)!



4 COOK THE CHICKEN

Heat a drizzle of **oil** in a frying pan on medium-high heat, once hot add the **chicken** to the pan. **TIP:** Do this in batches if your pan is small as you need to fry the chicken, not stew it! Cook, stirring, until browned and golden and cooked through, 4-6 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. When your **chicken** is cooked, put it in another bowl.



5 WARM THE TORTILLAS

Pour the **soured cream** into another small bowl. Put the **tortillas** on another lined baking tray on the middle shelf of your oven to warm through for a few minutes while you put your bowls of **salad**, **chicken**, **soured cream** and **salad dressing** on your table, along with a big bowl of **wedges**!



6 FINISH AND SERVE

Assemble everything at the table. Fill your **wraps** with a little of the **soured cream**, **chicken** and **salad**. Serve with the **wedges** and remaining **salad** as an accompaniment, **dressing** is optional of course. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Diced Chicken Breast *	280g	420g	560g
Central American Spice Mix	½ small pot	¾ small pots	1 small pot
Honey	1 sachet	2 sachets	2 sachets
Lime *	1	1	1
Premium Baby Leaf Mix *	1 bag	2 bags	2 bags
Cucumber *	½	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Soured Cream 7) *	75g	115g	150g
Whole Wheat Soft Tortillas 13)	4	6	8

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 624G	PER 100G
Energy (KJ/ kcal)	3163/ 756	507/ 121
Fat (g)	21	3
Sat. Fat (g)	8	1
Carbohydrate (g)	93	15
Sugars (g)	12	2
Protein (g)	47	8
Salt (g)	1.95	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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.

THUMBS UP OR THUMBS DOWN?

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