



Chipotle Chicken Strip Wraps

with Tomato Salad and Chips

Family 35-40 Minutes • Mild Spice

1



Potatoes



Cornflour



Chicken Thigh



Mature Cheddar
Cheese



Medium Tomato



Red Wine
Vinegar



Plain Taco
Tortilla



Mayonnaise



Chipotle Paste



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, frying pan, kitchen paper and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cornflour	20g	30g	40g
Chicken Thigh**	3	4	6
Mature Cheddar Cheese** 7)	30g	40g	60g
Medium Tomato	1	2	2
Red Wine Vinegar 14)	12g	18g	24g
Plain Taco Tortilla 13)	4	6	8
Mayonnaise 8) 9)	64g	96g	128g
Chipotle Paste	20g	30g	40g
Chicken Breast**	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	568g	100g	578g	100g
Energy (kJ/kcal)	3719 /889	654 /156	3252 /777	562 /134
Fat (g)	42.6	7.5	26.5	4.6
Sat. Fat (g)	10.9	1.9	6.2	1.1
Carbohydrate (g)	88.1	15.5	86.9	15.0
Sugars (g)	6.6	1.2	6.7	1.2
Protein (g)	45.5	8.0	52.9	9.1
Salt (g)	2.07	0.36	2.09	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chop the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Finish the Prep

Meanwhile, grate the **cheese**. Cut the **tomato** into 1cm chunks.

In a small bowl, add the **tomato chunks**, **red wine vinegar** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** and mix together.



Coat the Chicken

Put the **cornflour** into a large bowl. Season with **salt** and **pepper** and mix to combine.

Cut the **chicken thighs** lengthways into 2cm wide strips.

Add the **chicken strips** to the bowl and turn them over in the **cornflour** to coat well. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **chicken breast fillets** instead of **thighs**, cut the **chicken** into 1cm wide strips, then continue with the recipe as instructed.



Tortilla Time

When everything's nearly ready, pop the **tortillas** (2 per person) onto a baking tray and into the oven to warm through, 1-2 mins.

In a small bowl, add the **mayo** and **chipotle paste** (add less **chipotle** if you'd prefer things milder). Mix well to combine.



Fry Time

Put a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 8-10 mins total. Turn every 2-3 mins and adjust the heat if necessary. Discard any **cornflour** left in the bowl.

Once cooked, remove the pan from the heat and place the **chicken** onto a plate lined with kitchen paper. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



That's a Wrap

To assemble your **wraps**, lay the **warmed tortillas** on your plates.

Spread a spoonful of **chipotle mayo** over each, then top with **fried chicken strips**, **tomato salad** and a sprinkle of **grated cheese**.

Roll up the **wraps** and serve the **chips** alongside.

Enjoy!