



# Mango Chutney Curried Chicken Wraps

with Wedges, Pepper and Rocket

Family 40-45 Minutes • Mild Spice • 1 of your 5 a day

1



Potatoes



Garlic Clove



Bell Pepper



Diced Chicken Thigh



Tomato Puree



North Indian Style Spice Mix



Mango Chutney



Plain Taco Tortillas



Wild Rocket



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Mayonnaise

### 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. Ingredients in **red** are hot!

## Cooking tools

Baking tray, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Diced Chicken Thigh**	240g	390g	520g
Tomato Puree	30g	60g	120g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Mango Chutney	80g	120g	160g
Plain Taco Tortillas <b>13)</b>	6	9	12
Wild Rocket**	20g	40g	60g
Diced Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	606g	100g	606g	100g
Energy (kJ/kcal)	3809 /910	628 /150	3548 /848	585 /140
Fat (g)	26.6	4.4	16.5	2.7
Sat. Fat (g)	6.2	1.0	3.2	0.5
Carbohydrate (g)	128.1	21.1	127.8	21.1
Sugars (g)	31.1	5.1	31.1	5.1
Protein (g)	43.0	7.1	45.8	7.6
Salt (g)	2.08	0.34	2.02	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**13)** Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



## Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **diced chicken** and **sliced pepper** to the pan. Season with **salt** and **pepper**.

Stir-fry until the **pepper** has softened and the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Add the Spicy Flavour

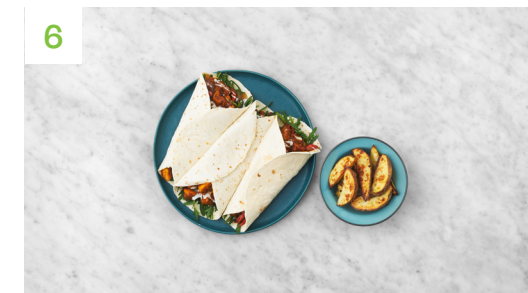
Meanwhile, in a small bowl, mix together the **garlic**, **tomato puree**, **North Indian style spice mix** and **half the mango chutney**.

Once the **chicken** is cooked, stir the **mixture** into the pan until the **chicken** and **pepper** are fully coated.



## Tortilla Time

Pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



## Assemble your Wraps

Put the **tortillas** (3 per person) onto your plates and share out **half the mayonnaise** (see pantry for amount) in the centre of each one.

Top with the **rocket** and **mango chutney chicken**, then drizzle over the remaining **mayo** and **mango chutney**. Fold over one end to encase the **filling** and roll up.

Serve with the **wedges** alongside.

## Enjoy!