



Sweet Chilli Chicken Roll-Ups and Tortilla Chips

with Houmous, Carrot Sticks and Apple

Kid Friendly 10-15 Minutes • 1 of your 5 a day

15A

Find all your unchilled Market items in bag A.



Plain Taco Tortillas



Cooked British Chicken Slices



Sweet Chilli Sauce



Carrot



Apple



Houmous

Pantry Items

Oil, Salt, Pepper, Mayonnaise

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 and peeler.

Ingredients

| Ingredients | Quantity |
|---------------------------------|----------|
| Plain Taco Tortillas 13 | 6 |
| Cooked British Chicken Slices** | 1 pack |
| Sweet Chilli Sauce | 48g |
| Carrot** | 2 |
| Apple** | 1 |
| Houmous** 3 | 100g |

| Pantry | Quantity |
|-------------|----------|
| Mayonnaise* | 1 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 415g | 100g |
| Energy (kJ/kcal) | 2697 /645 | 650 /155 |
| Fat (g) | 20.4 | 4.9 |
| Sat. Fat (g) | 3.7 | 0.9 |
| Carbohydrate (g) | 81.2 | 19.6 |
| Sugars (g) | 24.2 | 5.8 |
| Protein (g) | 31.6 | 7.6 |
| Salt (g) | 2.49 | 0.60 |

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

Allergens

3) Sesame 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, mollusc, 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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1



Bake the Tortilla Chips

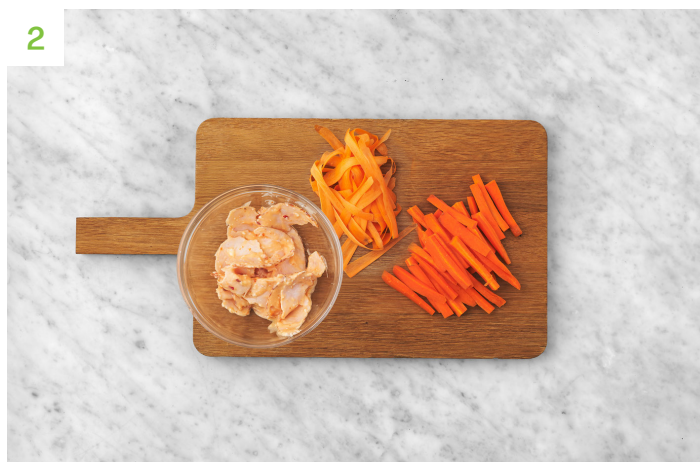
a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Cut **2** of the **tortillas** into **8 triangles** (use scissors if easier).

c) Place on a large baking tray in a single layer and drizzle with **oil**. Season with **salt and pepper**, then toss to coat. **TIP:** Use two baking trays if necessary.

d) Once the oven is hot, bake on the top shelf until lightly golden brown and crisp, 5-7 mins. **TIP:** Keep an eye on them to make sure they colour evenly.

2



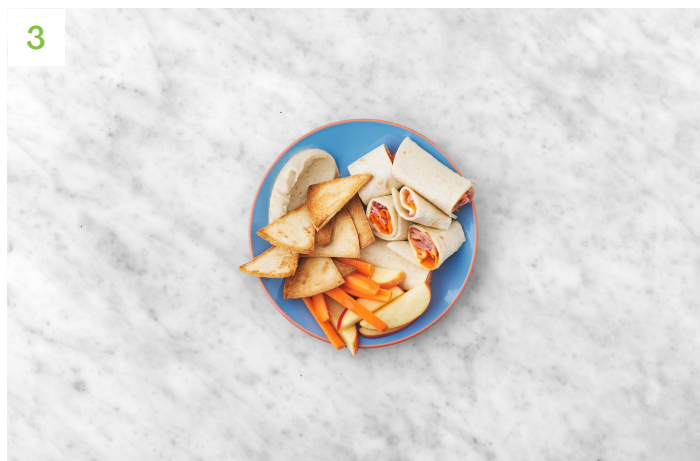
Hello, Chicken!

a) Meanwhile, tear the **cooked chicken slices** into long pieces. Combine them in a medium bowl with the **sweet chilli sauce** and the **mayo** (see pantry for amount).

b) Trim and peel the **carrots**. Chop **1 carrot** into roughly 1cm wide, 5cm long batons.

c) Use the peeler to peel long ribbons down the length of the other **carrot**, stopping at the core.

3



Assemble and Serve

a) Divide the **sweet chilli chicken mixture** between the remaining **4 tortillas**, then lay a few **carrot ribbons** on top.

b) Roll up the **tortillas**, then cut each into 3 pieces. Share between 2 serving plates.

c) Quarter, core and slice the **apple** (no need to peel).

d) Arrange the **houmous**, **tortilla chips** and **carrot sticks** alongside the **roll-ups**. Serve the **apple slices** in a bowl alongside to finish.

Enjoy!