

Curried Chicken and Pepper Wraps

with Mango Chutney and Lettuce Salad

24

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Iceberg Lettuce



Carrot



Bell Pepper



Lemon



Garlic Clove



Diced British Chicken Thigh



Chilli Flakes



Tomato Puree



North Indian Style Spice Mix



Mango Chutney



Plain Taco Tortillas



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Designed by our chefs for a balanced lifestyle, these Curried Chicken and Pepper Wraps hit the spot. North Indian style spice mix, made with chilli flakes, cumin, turmeric and ginger, makes this an aromatic and tasty dish.

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

Grater, fine grater, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Iceberg Lettuce**	½	¾	1
Carrot**	1	2	2
Bell Pepper***	1	2	2
Lemon**	½	1	1
Garlic Clove**	2	3	4
Diced British Chicken Thigh**	240g	390g	520g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachet
Mango Chutney	80g	120g	160g
Plain Taco Tortillas (13)	4	6	8
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 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	457g	100g	457g	100g
Energy (kJ/kcal)	2542 /609	556 /133	2281 /545	499 /119
Fat (g)	20.1	4.4	9.8	2.1
Sat. Fat (g)	5.6	1.2	2.6	0.6
Carbohydrate (g)	72.5	15.8	72.2	15.8
Sugars (g)	32.9	7.2	32.9	7.2
Protein (g)	37.2	8.1	40.1	8.8
Salt (g)	1.73	0.38	1.67	0.36

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, 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

You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.

Trim the **lettuce** (see ingredients for amount), halve lengthways, then thinly slice. Trim the **carrot**, then coarsely grate (no need to peel).

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

Zest and halve the **lemon** (see ingredients for amount). Peel and grate the **garlic** (or use a garlic press).



Add the Flavour

Once the **chicken** is cooked, add the **garlic**, **tomato puree** and **North Indian style spice mix**. Cook until fragrant, 1 min.

Stir in **half** the **mango chutney**, toss to coat the **chicken**, then remove from the heat.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and **sliced pepper** and season with **salt** and **pepper**.

Stir-fry until the **chicken** is golden and 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.*

↔ Swap to Chicken Breast

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



Warm the Tortillas

Pile the **tortillas** (2 per person) onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.

If you're using the oven, pop them into the oven to warm through, 1-2 mins.



Make the Salad

Meanwhile, in a medium bowl, add the **lemon juice**, **olive oil for the dressing** (see pantry for amount) and a pinch of **chilli flakes** (add less if you prefer things milder). Season with **salt** and **pepper**.

Add the **grated carrot** and **lettuce**. Toss to combine, then set aside.



Assemble and Serve

When ready, share the **warmed tortillas** between your plates.

Spread a spoonful of the remaining **mango chutney** in the centre of each, then top with a handful of **salad** and the **curried chicken**.

Sprinkle over the **lemon zest** and remaining **chilli flakes** (if you'd like more heat), coat in the same way. then fold over both sides of your **wraps**.

Serve with the remaining **salad** alongside.

Enjoy!