



# Honey-Harissa Cheesy Chicken Wraps

with Baby Gem and Slaw Salad

**Super Quick** 10-15 Minutes • **Medium Spice** • 1 of your 5 a day

7



Diced British Chicken Thigh



Baby Gem Lettuce



Mayonnaise



Coleslaw Mix



Plain Taco Tortillas



Mature Cheddar Cheese



Harissa Paste



Diced British Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey

↔ 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!

## 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

Frying pan, bowl and grater.

## Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	520g
Baby Gem Lettuce**	1	2	2
Mayonnaise <b>8</b> <b>9</b>	64g	96g	128g
Coleslaw Mix**	120g	180g	240g
Plain Taco Tortillas <b>13</b>	4	6	8
Mature Cheddar Cheese** <b>7</b>	30g	40g	60g
Harissa Paste <b>14</b>	50g	75g	100g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	394g	100g	394g	100g
Energy (kJ/kcal)	3114 / 744	791 / 189	2853 / 682	724 / 173
Fat (g)	40.1	10.2	30.0	7.6
Sat. Fat (g)	9.8	2.5	6.8	1.7
Carbohydrate (g)	59.5	15.1	59.3	15.0
Sugars (g)	23.2	5.9	23.2	5.9
Protein (g)	39.1	9.9	42.0	10.7
Salt (g)	2.19	0.56	2.12	0.54


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, 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.

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## • Get Started

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins.
- Season with **salt** and **pepper**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*

↔ Swap to Chicken Breast

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

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## Final Touches

- Microwave the **tortillas** for 850W: 50 secs / 750W: 1 min. If you don't have a microwave, just enjoy them cold.
- Grate the **Cheddar**.
- Once cooked, stir the **harissa** (add less if you'd prefer things milder) into the **chicken**.
- Add the **baby gem** to the **slaw** and toss.

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## Prep Time

- Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice.
- In a large bowl, combine the **mayo**, **sugar** and **olive oil** (see pantry).
- Stir the **coleslaw mix** into the **dressing**.
- Season with **salt** and **pepper**.

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## Dinner's Ready!

- Transfer the **tortillas** to your plates.
- Build the **wraps** by spooning on the **slaw** and topping with the **harissa chicken**.
- Drizzle over the **honey** (see pantry) and sprinkle on the **cheese**.
- Tightly roll the **wraps** up.

Enjoy!