



Mango Chutney Curried Chicken Wraps

with Wedges, Pepper and Rocket

Classic Eat Me Early • 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 Tortilla



Rocket



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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, 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**	260g	390g	520g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Mango Chutney	2 sachets	3 sachets	4 sachets
Plain Taco Tortilla 13	6	9	12
Rocket	40g	60g	80g
Diced Chicken Breast**	260g	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 or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3787 / 905	597 / 143
Fat (g)	26.8	4.2
Sat. Fat (g)	5.8	0.9
Carbohydrate (g)	126.4	19.9
Sugars (g)	34.5	5.4
Protein (g)	43.8	6.9
Salt (g)	1.81	0.44

Custom Recipe for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3577 / 855	534 / 128
Fat (g)	16.7	2.5
Sat. Fat (g)	3.2	0.5
Carbohydrate (g)	130.2	19.5
Sugars (g)	37.6	5.6
Protein (g)	47.2	7.1
Salt (g)	2.78	0.42

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, 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.

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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.



Finish the Prep

Meanwhile, halve, peel and thinly slice the **shallot**.

Peel and grate the **garlic** (or use a garlic press).

Halve the **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 **peppers** have softened and the **chicken** is golden all over, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Add the Flavour

Add the **shallot** to the pan and stir-fry until the **shallot** has softened and the **chicken** is cooked, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

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 well combined. Cook until everything begins to **caramelize**, 1 more min, then remove from the heat.



Tortilla Time

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



Assemble your Wraps

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

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!