



Mango Chutney Glazed Chicken Wraps with Spiced Pepper and Potato Wedges

Classic 35 Minutes • Medium Spice • 1 of your 5 a day

1



Potatoes



Echalion Shallot



Garlic Clove



Bell Pepper



Lemon



Coriander



Baby Gem Lettuce



Diced Chicken Thigh



Tomato Purée



North Indian Curry Powder



Mango Chutney



Soft Shell Tacos



Mayonnaise



Diced Chicken Breast



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 Cooking tools, you will need:

Chopping Board, Fine Grater (or Garlic Press), Baking Tray, Zester, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	2	3	4
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Bell Pepper***	1	2	2
Lemon**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Diced Chicken Breast**	280g	420g	560g
Tomato Purée	1 sachet	1 sachet	2 sachets
North Indian Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 sachet	2 sachets	2 sachets
Soft Shell Tacos 13	4	6	8
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2931 /701	454 /109
Fat (g)	20	3
Sat. Fat (g)	5	1
Carbohydrate (g)	86	14
Sugars (g)	21	3
Protein (g)	40	6
Salt (g)	1.29	0.20
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2613 /625	405 /97
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	88	14
Sugars (g)	21	3
Protein (g)	46	7
Salt (g)	1.29	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **9)** Mustard **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between)

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through cooking.



Add the Flavour

Continue to stir-fry until the **shallot** has softened and **chicken** is cooked, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Meanwhile, mix the **garlic**, **lemon zest**, **tomato purée**, **North Indian curry powder** and **half the mango chutney** together in a small bowl. Once the **chicken** is cooked, stir the mixture into the pan until well combined. Cook until everything begins to caramelise, 1 more minute. Remove from the heat.



Finish the Prep

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper**, discard the core and seeds. Thinly slice. Zest the **lemon** and cut into wedges. Roughly chop the **coriander** (stalks and all). Trim the root from the **baby gem lettuce**, halve lengthways, thinly slice widthways. Mix the **baby gem lettuce** and **half the coriander** together in a bowl.



Warm the Tacos

Pop the **soft shell tacos** on the middle shelf of your oven to warm through, 2-3 mins. In another small bowl, mix **half the mayo** with the remaining **mango chutney**.



Start Cooking

Heat a drizzle of **oil** in a large frying pan over 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 golden all over, 6-8 mins. Add the **shallot** to the pan.



CUSTOM RECIPE

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



Dish Up

To assemble, lay out the **wraps** (2 per person) and spread the remaining **mayonnaise** in the centre of each one. Share the **baby gem lettuce** between each **wrap**. Add the **mango chutney chicken** on top. Sprinkle over the remaining **coriander**. Fold over one end to encase the base of the filling and roll up! Serve with the **potato wedges**, leftover **lemon wedges** and **mango chutney mayo** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.