







More Than Food
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Mexican Chicken Wraps with Appley Beetroot Slaw and Potato Wedges

Well, hello Mr. Beetroot! You're looking awfully delicious! We're making the best of wonderful seasonal vegetables in our Mexican chicken wraps with appley beetroot slaw and potato wedges.

 40 mins

 family box



Potato (2 packs)



Carrot (1)



Cox's Apple (1)



Beetroot (1)



Lemon (1)



Natural Yoghurt
(1 pot)



Baby Gem Lettuce
(2)



Coriander
(5 tbsp)



Chicken Breast (3)



Mexican Spice
(1 tbsp)



Honey
(2 tbsp)



Wholemeal
Tortilla(8)




Stokes Blushed
Tomato Mayonnaise
(4 tbsp)

Ingredients

4 PEOPLE

ALLERGENS

Potato, chopped	2 packs	
Carrot, grated	1	
Cox's Apple, grated	1	
Beetroot, grated	1	
Lemon	1	
Natural Yoghurt	1 pot	Milk
Baby Gem Lettuce, sliced	2	
Coriander, chopped	5 tbsp	
Chicken Breast	3	
Mexican Spice	1 tbsp	
Honey	2 tbsp	
Wholemeal Tortilla	8	Gluten
Stokes Blushed Tomato Mayonnaise	4 tbsp	Mustard, Egg

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Both the leaves and root of a beetroot can be eaten - the leaves have a bitter taste whereas the root is sweet.

Nutrition per serving: Calories: 592 kcal | Protein: 36 g | Carbs: 77 g | Fat: 16 g | Saturated Fat: 2 g

1



1 Pre-heat your oven to 220 degrees. Chop the **potatoes** into wedges about the size of your index finger. Put the wedges onto a baking tray, season with $\frac{1}{2}$ tsp of **salt** and a good grind of **pepper**, drizzle over 2 tbsp of **oil**, mix well and pop in the oven on the top shelf to roast for 25-30 mins.

2



2 Coarsely grate the **carrot** and **apple** (watch out for the apple core!), peel and grate the **beetroot**. **LH:** Put this all in a bowl and drizzle over the juice from half the **lemon**, add in your **yoghurt** and mix. **Tip:** Don't be alarmed, it will all go pink!

4



3 Cut the **lettuce** in half lengthways, remove the root and thinly slice. Roughly chop your **coriander**.

4 Lay your **chicken breasts** on your chopping board, place your hand flat on top and slice into it from the side. Open it up like a book. You've now butterflied your **chicken**! Repeat for the other breasts, then thinly slice into thin strips and cut into 1cm pieces. Put the **chicken** in a bowl and add $\frac{1}{2}$ tsp of **salt**, a good grind of **pepper**, your **mexican spice**, the rest of the **lemon juice** and the **honey**. Give everything a good mix.

5



5 Add 2 tbsp of **oil** to a large frying pan on medium-high heat, let it get hot, then add the **chicken** to the pan. **Tip:** Do this in batches if your pan is small as you need to fry the chicken, not stew it! Cook for 3-4 mins until browned and golden. **Tip:** The chicken is cooked when no longer pink in the middle. Once your **chicken** is cooked, put it in a bowl, add the **coriander** and stir together.

6 Put the **tortillas** in your oven to warm through for a minute while you put your bowls of **lettuce**, **chicken** and **beetroot** slaw on your table, along with a big bowl of wedges!

7 LH: Assemble at the table! Serve your wraps with a tsp of **mayonnaise**, your **chicken** and **lettuce** inside and your wedges and slaw as an accompaniment. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!