



ONE-PAN CURRY-SPICED CHICKEN WRAPS

with Cucumber, Carrot & Apple Slaw

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 2 TBSP
Curry Powder



1 | 1
Lemon



1 | 2
Mini Cucumber



1 | 2
Apple



4 TBSP | 8 TBSP
Mayonnaise
Contains: Eggs



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



4 oz | 8 oz
Shredded Carrots



4 oz | 8 oz
Shredded Red
Cabbage



2 | 4
Flour Tortillas
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

CUCUMBER, CARROT & APPLE SLAW

Apple adds sweet balance and even more crunch to crowd-pleasing coleslaw.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 780



THAT'S A WRAP

To roll the perfect wrap, warm your tortillas to make them more pliable and don't overstuff—½ cup of filling is about right.

BUST OUT

- Paper towels
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 tsp** | **1 tsp**)
- Sugar (**¼ tsp** | **½ tsp**)

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1 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **half the curry powder** (you'll use the rest in Step 3), **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest. **TIP: Lower heat and cover with a lid if chicken starts to brown too quickly.**



4 MAKE SLAW

- To bowl with **curry mayo**, add **cabbage**, **carrots**, **cucumber**, and **apple**; toss to combine. Taste and season with **salt** (we used a big pinch) and **pepper**.



2 PREP

- While chicken cooks, **wash and dry produce**.
- Quarter **lemon**. Thinly slice **cucumber** on a diagonal. Halve, core, and thinly slice **apple**.



5 ASSEMBLE WRAPS

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Thinly slice **chicken** crosswise.
- Place tortillas on a clean work surface. Add chicken and as much **slaw** as you like to the bottom third of each tortilla. Fold up bottom side of each tortilla over filling, then fold over left and right sides toward filling. Roll up tortillas, starting with filled sides, to form **wraps**.



3 MIX CURRY MAYO

- In a large bowl, combine **mayonnaise**, **sour cream**, **remaining curry powder**, **¼ tsp sugar**, and **juice from half the lemon** (½ tsp sugar and all the lemon for 4 servings). Season with **salt** and **pepper**.



6 FINISH & SERVE

- Halve **wraps**; divide between plates along with any **remaining slaw**. Serve with any **remaining lemon wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.