

INGREDIENTS 2 PERSON | 4 PERSON

HONEY MUSTARD CHICKEN SALAD WRAPS

with Almonds & Dried Cranberries



TOTAL TIME: 10 MIN CALORIES: 640

8.6 oz 17.2 oz Fully Cooked Chicken Breasts

Mixed Greens

2 oz 4 oz

1 oz 2 oz





1/2 oz 1 oz Sliced Almonds **Contains: Tree Nuts**



3 oz 6 oz Honey Dijon Dressing Contains: Eggs

2 4 Flour Tortillas Contains: Soy, Wheat



BUST OUT

- Large bowl
- Kosher salt
- Paper towels
 Black pepper

THAT'S A WRAP

The keys to rolling a perfect wrap? First, warm your tortillas to make them more pliable. Second, don't overstuff! Add just enough filling to easily fold and roll.

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INSTRUCTIONS

- Wash and dry produce.
- Cut chicken into ½-inch pieces. Season with salt and pepper.
- In a large bowl, toss chicken, mixed greens, almonds, and cranberries with dressing.
- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Place **tortillas** on a clean work surface. Place **chicken salad** on the bottom third of each tortilla. Fold up bottom side of each tortilla over filling, then fold over left and right sides toward the filling. Roll up tortillas, starting with filled sides, to form **wraps**. TIP: For less mess, place each tortilla on a large piece of foil before rolling, then wrap up with foil. Simply unwrap as you eat!
- Halve wraps on a diagonal; divide between plates and serve.