



Mango Chutney Glazed Chicken Wraps with Spiced Pepper and Potato Wedges

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

7



Potato



Echalion Shallot



Garlic Clove



Green Pepper



Baby Gem Lettuce



Diced Chicken Thigh



Tomato Puree



North Indian Style Curry Powder



Mango Chutney



Soft Shell Taco



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Garlic Press, Frying Pan, Wooden Spoon, Bowl, Plate.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Echalion Shallot**	1	1	2
Garlic Clove	1	2	2
Green Pepper**	1	2	2
Baby Gem Lettuce**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Tomato Puree	1 sachet	1 sachet	2 sachets
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	2 sachets	3 sachets	4 sachets
Soft Shell Taco 13	6	9	12
Mayonnaise 8 9	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	692g	100g
Energy (kJ/kcal)	3593 /859	519 /124
Fat (g)	21	3
Sat. Fat (g)	6	1
Carbohydrate (g)	121	17
Sugars (g)	30	4
Protein (g)	43	6
Salt (g)	1.94	0.28

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.

Contact

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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 and drizzle with **oil**, **salt** and **pepper**. Toss to coat in the **oil**, then spread out in a single layer and 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** is softened and **chicken** is cooked, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Meanwhile, mix the **garlic**, **tomato puree**, **curry powder** and **half** of 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 caramelize, 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. Trim the root from the **baby gem lettuce**, halve lengthways, thinly slice widthways.



Warm the Tacos

Pop the **soft shell tacos** on the middle shelf of your oven to warm through, 2-3 mins.



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 **peppers** have softened and the **chicken** is golden all over, 6-8 mins. Add the **shallot** to the pan.



Dish Up

To assemble, lay out the **wraps** 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, drizzle with any leftover **mayo** and **mango chutney**. Fold over one end to encase the base of the filling and roll up! Serve with the **potato wedges** 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.