



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

2 of your 5 a day

spicy

family box

mealkit



Potato
(2 packs)



Carrot
(1)



Apple
(1)



Beetroot
(1)



Lemon
(1)



Natural Yoghurt
(1 pot)



Baby Gem Lettuce
(2)



Coriander
(1 bunch)



Chicken Breast
(3)



Mexican Spice
(1½ tsp)



Honey
(2 tbsp)



Wholemeal Tortilla
(8)



Blushed Tomato
Mayonnaise (4 tbsp)


4 PEOPLE INGREDIENTS

- Potato, chopped **2 packs**
- Carrot, grated **1**
- Apple, grated **1**
- Beetroot, grated **1**
- Lemon **1**
- Natural Yoghurt **1 pot**
- Baby Gem Lettuce, sliced **2**
- Coriander, chopped **1 bunch**
- Chicken Breast **3**
- Mexican Spice **1½ tsp**
- Honey **2 tbsp**
- Wholemeal Tortilla **8**
- Blushed Tomato Mayonnaise **4 tbsp**

Allergens: Milk, Gluten, Egg, Mustard.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	778 kcal / 3281 kJ	23 g	2 g	97 g	23 g	47 g	2 g
Per 100g	141 kcal / 593 kJ	4 g	0 g	18 g	4 g	8 g	0 g

 Our fruit and veggies may need a little wash before cooking!

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.

Blushed Tomato Mayonnaise: Rapeseed Oil, Free Range Pasteurised Whole Egg (11%), SunBlush® Tomatade® (5%) (SunBlush® Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Water, Unrefined Raw Cane Sugar, Acid: Acetic Acid, Sea Salt, Lemon Juice Concentrate, **Mustard** Flour.

1



1 Preheat your oven to 220 degrees. Chop the **potato** into wedges about the size of your index finger (no need to peel). Put your **wedges** onto a baking tray, season with a pinch of **salt** and a good grind of **pepper**. Drizzle over enough **oil** to coat your **wedges**, mix well and pop in your oven on the top shelf for 25-30 mins.

2



2 Coarsely grate the **carrot** and **apple** (no need to peel, but watch out for the apple core!), peel and grate the **beetroot**. Put it all in a bowl, and drizzle over the juice from half the **lemon**, add the **yoghurt** and mix. Don't be alarmed, it will all go pink! **Tip:** *If your children aren't fans of beetroot, leave it out of the slaw and add it in separately for the adults at the end.*

4



3 Cut the **baby gem lettuce** in half lengthways, remove the root and thinly slice. Place in a bowl. Roughly chop the **coriander**.

4 Lay one **chicken breast** on a 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 rest of the **chicken**, then thinly slice into strips and cut into 1cm pieces. Put your **chicken** in a bowl and add a pinch of **salt**, a good grind of **pepper**, the **Mexican spice**, the rest of the **lemon juice** and the **honey**. Give everything a good mix.

5



5 Add a drizzle of **oil** to a large frying pan on medium-high heat, let it get hot, then add your **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 it is no longer pink in the middle. Once your chicken is cooked, put it in a bowl, add your **coriander** and stir together.*

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

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

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