



SATAY CHICKEN WRAPS

With Salad and Wedges



HELLO PEANUT BUTTER

Peanuts actually belong to the legume family and are grown underground and not on trees like other nuts such as walnuts and hazelnuts.



Potato



Carrot



Baby Gem Lettuce



Spring Onion



Mild Indian Style Curry Powder



Diced Chicken Breast



Peanut Butter



Whole Wheat Soft Tortilla

MEAL BAG

25 mins

1 of your 5 a day

These delicious chicken satay wraps are the perfect recipe for a quick and simple mid-week dinner. To pack in the flavour, we've coated the chicken in our specially blended mild Indian curry powder before pan-frying it until golden and gently combining it with a peanutty satay sauce. Wrapped up with a crunchy salad in whole wheat tortillas and served with homemade potato wedges, you can't go wrong with this crowd-pleasing dish.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Coarse Grater, Mixing Bowl, Large Frying Pan**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2 cm wide wedges (no need to peel). Pop the **wedges** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat. Roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



2 PREP THE SALAD

Meanwhile, trim the **carrot** and coarsely grate (no need to peel). Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Trim the **spring onion** and thinly slice. Pop the **lettuce, carrot** and **spring onion** in a mixing bowl and add a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Mix well to combine.



3 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Sprinkle the **curry powder** over the **chicken** along with a pinch of **salt** and **pepper**. Use your hands to rub the flavours over the pieces of **meat**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Once hot, add the **chicken** to the pan. Fry until golden and cooked through, turning frequently, 12-15 mins. **IMPORTANT:** The chicken is cooked when it's no longer pink in the middle.



4 MAKE THE SAUCE

Once the **chicken** is cooked, transfer to a bowl and cover with foil to keep warm. Lower the heat to medium and add the **water** (see ingredients for amount), **peanut butter**, **sugar** (see ingredients for amount) and a pinch of **salt** and **pepper** to the pan. Stir continuously until the **peanut butter** has melted and the **sauce** has thickened, 2-3 mins. Remove from the heat.



5 COAT THE CHICKEN

Add the **chicken** (and any resting juices) back into the pan and gently stir through the **sauce** to coat all of the **pieces**. Return the pan to a low heat until the **chicken** is piping hot, 2-3 mins.



6 BUILD THE WRAPS

To assemble, lay out the **tortillas**. Divide the **salad** between them then top with the **satay chicken**. Fold over one end to encase the base of the filling, then roll up like a fajita. Serve with your **wedges** on the side. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Carrot *	1	2	2
Baby Gem Lettuce *	1	1½	2
Spring Onion *	1	2	2
Mild Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Diced Chicken Breast *	280g	420g	560g
Water*	100ml	150ml	200ml
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Whole Wheat Soft Tortilla 13)	4	6	8

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 573G	PER 100G
Energy (kcal)	709	124
(kJ)	2966	517
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	90	16
Sugars (g)	9	2
Protein (g)	46	8
Salt (g)	1.94	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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