



Mexican Style Fried Chicken Wraps

with Cheddar, Chips and Sweet Chilli Sauce

Family 35-45 Minutes • Mild Spice • 1 of your 5 a day

10



Potatoes



Baby Gem Lettuce



Baby Plum Tomatoes



Mature Cheddar Cheese



Garlic Clove



Cornflour



Central American Style Spice Mix



Chicken Thigh



Plain Taco Tortilla



French Dressing



Sweet Chilli Sauce

Pantry Items
Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, grater, bowl, frying pan, kitchen paper and plate.

Ingredients

| | 2P | 3P | 4P |
|----------------------------------|----------|----------|-----------|
| Potatoes** | 450g | 700g | 900g |
| Baby Gem Lettuce** | 1 | 1½ | 2 |
| Baby Plum Tomatoes | 125g | 250g | 250g |
| Mature Cheddar Cheese** 7) | 30g | 45g | 60g |
| Garlic Clove** | 1 | 1 | 2 |
| Cornflour | 20g | 35g | 50g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Chicken Thigh** | 2 | 3 | 4 |
| Plain Taco Tortilla 13) | 4 | 6 | 8 |
| French Dressing 9) | 1 sachet | 1 sachet | 2 sachets |
| Mayonnaise* | 3 tbsp | 5 tbsp | 6 tbsp |
| Sweet Chilli Sauce | 32g | 64g | 64g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 572g | 100g |
| Energy (kJ/kcal) | 3660 /875 | 639 /153 |
| Fat (g) | 42 | 7 |
| Sat. Fat (g) | 10 | 2 |
| Carbohydrate (g) | 96 | 17 |
| Sugars (g) | 13 | 2 |
| Protein (g) | 31 | 5 |
| Salt (g) | 1.56 | 0.27 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chop the Chips

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips. Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Fry Time

Put a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.** Once hot, carefully lay the **chicken** into the pan, then reduce the heat to medium-high and fry until golden-brown and cooked through, 5-6 mins. Turn every 2-3 mins and adjust the heat as necessary. Discard any **cornflour** left in the bowl. Once cooked, remove from the heat and place the **chicken** onto kitchen paper. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Finish the Prep

While the **chips** cook, trim the **baby gem** and halve lengthways, then thinly slice widthways. Halve the **baby plum tomatoes**. Grate the **cheese**. Peel the **garlic**, pop it into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. When the **chips** have 10-12 mins cooking time left, add the **garlic parcel** to the **chip** tray and roast for the remaining time until soft, 10-12 mins. Remove from the oven once roasted and set aside to cool.



Finishing Touches

When everything is nearly ready, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins. Meanwhile, put the **sliced baby gem** and **tomatoes** into a medium bowl. Pour over the **French dressing**, then toss well to coat. Remove the **roasted garlic** from the foil, pop it into a small bowl, then mash with a fork. Add the **mayo** (see ingredients for amount) to the **garlic** and stir to combine.



Coat the Chicken

Meanwhile, put the **cornflour** and **Central American style spice mix** into a large bowl. Season with **salt** and **pepper** and mix to combine. Cut the **chicken thighs** lengthways into 2cm wide strips. Add the **chicken strips** to the bowl and toss in the **spiced cornflour mix** to coat well. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



That's a Wrap

To assemble your **wraps**, lay the **warmed tortillas** on your plates (2 per person). Spread a spoonful of **garlic mayo** on each, then top with some of the **dressed salad**, **fried chicken strips** and a sprinkle of **grated cheese**. Fold up the **wraps**, then plate up the **chips** and any remaining **salad** alongside. Serve with the **sweet chilli sauce** on the side for dipping.

Enjoy!