



Mississippi Chicken Wraps

with Sweet Potato Wedges



HELLO LIME

Think limes are sharper than lemons? You're right! They have one-and-a-half times as much acid.



Sweet Potato Wedges



Chicken Mini-Fillets



Mississippi Style Spice Mix



Lime



Crème Fraîche



Onion Marmalade



Fresh Chilli Jam



Baby Spinach



Whole Wheat Soft Tortillas

MEAL BAG

20 mins

Rapid recipe

1.5 of your 5 a day

Enjoy within 3 days

Medium heat

It's a wrap! If you're looking for a speedy supper with plenty of flavour, these spicy chicken wraps make a great quick-fix dinner. When everything is ready to go, place all the ingredients in the middle of your table and get everyone to assemble their own wraps. Fast food at its finest!

GET **PREPARED!**

Preheat the Oven to 220°C.

BEFORE YOU START

Preheat the Oven to 220°C. Wash the veggies. Line a Baking Tray with some Foil. Make sure you've got a Mixing Bowl, Frying Pan and Fine Grater. Let's start cooking the Mississippi Spiced Chicken Wraps with Sweet Potato Wedges.



1 SWEET POTATO TIME

- Lay the **sweet potato wedges** on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat evenly.
- Roast on the top shelf of your oven until soft and golden, 15-17 mins. Turn halfway through cooking.



2 SEASON THE CHICKEN

- Pop the **chicken mini fillets** into a mixing bowl. - Drizzle on a splash of **oil**, season with **salt** and sprinkle on the **Mississippi spice mix**.
- Mix the spices through the **chicken**.



3 FRY THE CHICKEN

- Heat a frying pan over medium-high heat (no oil!).
- Add the **chicken** pieces and brown all over, about 5 mins on each side. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



4 LAST FEW JOBS

- Meanwhile, zest the **lime** and mix it with the **crème fraîche**.
- Mix the **onion marmalade** with the **fresh chilli jam**.
- Cut the **lime** in half.



5 COOK THE SPINACH

- When the **chicken** is cooked, remove the heat and add a squeeze of **lime juice** and the **baby spinach** to the pan.
- Toss to combine and just soften the **spinach**.



6 SERVE

- Pop all of your ingredients in the middle of your table. Smear your wrap with **onion chilli jam** and place the **chicken and spinach** in the middle.
- Drizzle on some **limey crème fraîche** and roll it up!

ENJOY!

2 PEOPLE INGREDIENTS

Sweet Potato Wedges (pre chopped)	450g
Chicken Mini-Fillets	280g
Mississippi Style Spice Mix	1½ tsp
Lime	1
Crème Fraîche ⁷⁾	1 small pot
Onion Marmalade	1 tbsp
Fresh Chilli Jam	1 tbsp
Baby Spinach	1 small bag
Whole Wheat Soft Tortillas ¹³⁾	4

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 615G	PER 100G
Energy (kcal)	870	142
(kJ)	3638	592
Fat (g)	25	4
Sat. Fat (g)	12	2
Carbohydrate (g)	103	17
Sugars (g)	17	3
Protein (g)	62	10
Salt (g)	2.19	0.36

ALLERGENS

⁷⁾ Milk ¹³⁾ Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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