



# 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.

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# 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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**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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