



Sticky Mango Chicken Wraps

with Spiced Red Pepper and Potato Wedges

FAMILY Hands on Time: 30 Minutes • Total Time: 35 Minutes • Medium Heat • 1 of your 5 a day



Potato



Echalion Shallot



Garlic Clove



Red Pepper



Lemon



Coriander



Baby Gem Lettuce



Diced Chicken Thigh



Tomato Puree



North Indian Curry Powder



Mango Chutney



Soft Shell Tacos



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Baking Tray, Fine Grater (or Garlic Press) and Large Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|---------------------------|-------------|-------------|-------------|
| Potato** | 2 | 3 | 4 |
| Echalion Shallot** | 1 | 1½ | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Red Pepper** | 1 | 1½ | 2 |
| Lemon** | ½ | 1 | 1 |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Baby Gem Lettuce** | 1 | 1½ | 2 |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| North Indian Curry Powder | 1 small pot | ¾ large pot | 1 large pot |
| Mango Chutney** | 1 pot | 1½ pots | 2 pots |
| Soft Shell Tacos (13) | 4 | 6 | 8 |
| Mayonnaise (8) (9)** | 1 sachet | 1½ sachets | 2 sachets |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 638g | 100g |
| Energy (kJ/kcal) | 3046 /728 | 478 /114 |
| Fat (g) | 26 | 4 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 86 | 13 |
| Sugars (g) | 21 | 3 |
| Protein (g) | 39 | 6 |
| Salt (g) | 1.44 | 0.23 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

You can recycle me!



Packed in the UK



1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil, salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through cooking.



4. Add the Flavour

Continue to stir-fry until the **shallot** is softened and **chicken** is cooked, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle!* Meanwhile, mix the **garlic, lemon zest, tomato puree, curry powder** and **half** of the **mango chutney** together in a small bowl. Once the **chicken** is cooked, stir the **mixture** into the pan until well combined. Cook until everything begins to caramelize, 1 more minute. Remove from the heat.



2. Finish the Prep

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper**, discard the core and seeds. Thinly slice. Zest the **lemon** and cut into wedges. Roughly chop the **coriander** (stalks and all). Trim the root from the **baby gem lettuce**, halve lengthways, thinly slice widthways. Mix the **baby gem lettuce** and **half** the **coriander** together in a bowl.



5. Make the Mango Mayo

Pop the **soft shell tacos** on the middle shelf of your oven to warm through, 2-3 mins. In another small bowl, mix **half** the **mayo** with the remaining **mango chutney**.



3. Start Cooking

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **diced chicken** and **sliced pepper** to the pan. Season with **salt** and **pepper**. Stir-fry until the **peppers** have softened and the **chicken** is golden all over, 6-8 mins. Add the **shallot** to the pan.



6. Dish Up

To assemble, lay out the **wraps** (2 per person) and spread the remaining **mayonnaise** in the centre of each one. Share the **baby gem lettuce** between each **wrap**. Add the **mango chutney chicken** on top. Sprinkle over the remaining **coriander**. Fold over one end to encase the base of the **filling** and roll up! Serve with the **potato wedges**, leftover **lemon wedges** and **mango chutney mayo** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.