



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FLATBREADS

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you require them (they defrost very quickly) to ensure they keep fresh.



3. CURRIED CHICKEN WRAP

Speedy curried chicken wrap, perfect for a simple dinner, picnic or weekend lunch!

 20 Minutes

 4 Servings

2 March 2020

FROM YOUR BOX

| | |
|---------------------|-----------------|
| FREE-RANGE EGGS | 2 |
| SOUR CREAM | 1 tub (200g) |
| CHIVES | 1/3 bunch * |
| ROASTED CHICKEN | 1 packet (250g) |
| BABY CUCUMBERS | 1 punnet |
| RED APPLE | 1 |
| TOMATOES | 2 |
| ALFALFA SPROUTS | 1/2 punnet * |
| LEBANESE FLATBREADS | 1 packet |

* Ingredient also used in another recipe

FROM YOUR PANTRY

salt, pepper, curry powder

KEY UTENSILS

small saucepan

NOTES

Warm the wraps briefly in the oven or microwave (covered) if you like.

No gluten option - flatbreads are replaced with GF wraps.



1. BOIL THE EGGS

Place eggs in a saucepan and cover with water. Bring to the boil and simmer for 5-7 minutes, to your liking. Drain and cool under running water.



2. MAKE THE CURRIED CHICKEN MIX

In a bowl, combine sour cream with **2 tsp curry powder**, chopped chives and chicken. Season with **salt and pepper**. Set aside.



3. PREPARE THE FRESH INGREDIENTS

Slice cucumbers, apple and tomatoes. Arrange on a serving plate with sprouts.



4. ASSEMBLE THE WRAPS & SERVE

Peel and slice or wedge the eggs.

Assemble the wraps at the table with curried chicken, eggs and fresh ingredients.