



### Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



## Mango Chicken Wraps

### with Spiced Wedges

Pulled chicken with mango chutney, served in fresh wraps from Mughal Foods with tasty fresh fillings and a side of roast potato wedges.



25 minutes



2 servings



Chicken

## Switch it up!

*If you don't feel like poaching the chicken, you can dice it and pan-fry it instead! Use the mango chutney as a sauce at the end and combine it with yoghurt for a creamier finish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	23g	155g

## FROM YOUR BOX

MEDIUM POTATOES	3
MANGO CHUTNEY	1 jar
CHICKEN SCHNITZELS	300g
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1 packet
WHEAT WRAPS (SMALL)	4-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala, soy sauce

## KEY UTENSILS

oven tray, saucepan with lid, frypan

## NOTES

The oven is set at 250°C for extra crispy potatoes. If your oven doesn't reach that high, you can set the temperature to 220°C and cook the wedges for longer until they are crispy.

Use a clean tea towel to keep the wraps warm.

**No gluten option** – small wheat wraps are replaced with large gluten-free wraps.



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### 1. COOK THE POTATOES

Set oven to 250°C (see notes).

Cut potatoes into wedges and toss on a lined oven tray with **1 tsp garam masala, oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 4. WARM THE WRAPS

Heat a dry frypan over medium-high heat. Add wraps (one at a time) and heat for 10 seconds each side until warmed through. Keep warm until serving (see notes).



### 2. SIMMER THE CHICKEN

Combine 1/4 cup chutney, **1 tbsp soy sauce** and **1 cup water** in a saucepan. Add chicken to pan, cover and simmer for 12–15 minutes until cooked through (see step 5).



### 5. PULL THE CHICKEN

Remove chicken from pan and place on a chopping board (discard cooking liquid). Shred using 2 forks or slice with a knife. Return to pan and stir through 1/4 cup chutney.



### 3. PREPARE THE FILLINGS

Slice cucumber and avocado. Roughly chop coriander. Set aside.



### 6. FINISH AND SERVE

Assemble wraps at the table with pulled chicken and fresh fillings. Serve with potato wedges on the side and remaining chutney for dipping.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

