



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



4 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
	44g	18g	126g

FROM YOUR BOX

MEDIUM POTATOES	800g
MANGO CHUTNEY	1 jar
CHICKEN SCHNITZELS	600g
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1 packet
BABY COS LETTUCE	1
WHEAT WRAPS (SMALL)	8-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.



2. SIMMER THE CHICKEN

Combine 1/4 cup chutney, **1 tbsp soy sauce** and **1 1/2 cups water** in a saucepan. Add chicken to pan, cover and simmer for 12–15 minutes until cooked through (see step 5).



3. PREPARE THE FILLINGS

Slice cucumber and avocado. Roughly chop coriander. Set aside. Trim and slice baby cos lettuce.



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).



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 1/2 cup chutney.



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.

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