



Product Spotlight: Spinach

Spinach is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



F4 Spinach Wraps with Chicken and Dip

A wholesome dinner solution of home-made spinach wraps served with pan-fried chicken breast coated in rosemary with fresh vegetables and dip.

 30 minutes

 4 servings

 Chicken

28 January 2022

Switch it up!

If you don't want to make the wraps you can save the wrap mix for another day (try using it to make pancakes or fritters) and make a tossed salad with the remaining ingredients.

Per serve: **PROTEIN** 41g **TOTAL FAT** 25g **CARBOHYDRATES** 40g

FROM YOUR BOX

ROSEMARY	1 sprig
CHICKEN BREAST FILLETS	600g
ENGLISH SPINACH	1 bunch
WRAP MIXTURE	1 packet (190g)
CARROTS	2
LEBANESE CUCUMBERS	2
RED CAPSICUM	1
NORTH AFRICAN TASTY DIP	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, kettle, stick mixer or food processor

NOTES

The wrap mixture is made up of buckwheat flour and flaxseeds.

1/3 cupfuls of wrap batter will give you roughly eight large sized wraps, but you can do 1/4 cupfuls if you want to make several smaller sized wraps.



1. COOK THE CHICKEN

Boil the kettle.

Heat a frypan over medium-high heat. Roughly chop rosemary leaves. Coat chicken in **oil**, rosemary, **salt and pepper**. Add to pan and cook for 8-10 minutes each side or until cooked through.



2. PREPARE THE WRAPS

Rinse and roughly chop spinach and add to a bowl. Pour over **hot water** to cover, let sit for 1 minute and drain. Blend spinach to a smooth consistency. Add back to bowl along with wrap mixture, **1 cup water, salt and pepper**. Stir well to combine.



3. COOK THE WRAPS

Heat a large frypan over medium-high heat with **oil**. Add 1/3 cupfuls (see notes) wrap batter and use a spatula to spread out in the frypan. Cook wraps for 2 minutes each side. Repeat with remaining batter.



4. PREPARE VEGETABLES

Grate carrots, ribbon cucumber and thinly slice capsicum. Arrange on a platter along with dip.



5. FINISH AND SERVE

Thinly slice chicken. Add to platter along with wraps and serve at the table.

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**

