



### Product Spotlight: Tomato


Got a spare slice or wedge of tomato?  
Try planting it in a pot or in your garden  
and grow your own tomato plant!



## 2 Chicken Wraps with Avocado-Ricotta Dollop

Satisfying flat breads filled with tender plum-sauce chicken schnitzels, fresh veggies and a delicate ricotta & avocado dollop to finish.

 30 minutes

 4 servings

 Chicken

2 April 2021

## Feel like Mexican?

*Instead of using the plum sauce to flavour the chicken, you can use a pinch of ground cumin, coriander and smoked paprika for a Mexican-style meal. Bulk it up by adding drained kidney or black beans or cooked rice.*

## FROM YOUR BOX

AVOCADO	1
RED ONION	1/4 *
RICOTTA CHEESE	1/4 cup *
CHICKEN SCHNITZELS	600g
PLUM SAUCE	1/2 bottle *
TOMATOES	2
PURPLE CARROTS	2
LETTUCE	1/2 *
SNOW PEA SPROUTS	1/2 punnet *
LEBANESE FLAT BREADS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, red wine vinegar

## KEY UTENSILS

frypan, oven tray

## NOTES

For a smooth dollop, blend ingredients with a stick mixer or a small food processor.

For a quicker clean-up, cook chicken on baking paper in the frypan for a quicker clean-up.

**No gluten option – flatbreads are replaced with GF wraps.**



### 1. MAKE RICOTTA DOLLOP

Set oven to 220°C (optional, for step 4).

Lightly mash avocado and finely chop red onion. Mix together in a bowl with ricotta, **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper** (see notes).



### 2. COOK THE CHICKEN

Heat a frypan over medium heat. Rub chicken with 2 tbsp plum sauce and **1 tbsp oil**. Cook for 4-5 minutes each side or until cooked through (see notes).



### 3. PREPARE THE TOPPINGS

Slice tomatoes, ribbon carrots with a peeler, tear lettuce and halve sprouts. Arrange on a serving platter.



### 4. HEAT BREADS (OPTIONAL)

Wrap flat breads in baking paper or foil and place in the oven for 5 minutes to warm through.



### 5. SLICE THE CHICKEN

Slice chicken and toss with plum sauce to taste (we used 1 1/2 tbsp).



### 6. FINISH AND PLATE

Take chicken to the table with toppings, ricotta dollop, remaining plum sauce and breads for people to make their own wraps.

**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**

