

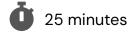




# Peri Peri Chicken Wraps

# with Corn on the Cob

Mild peri-peri chicken, wrapped up with fresh avocado and crunchy baby cos lettuce in Lebanese flatbreads and served with a side of corn on the cob!





2 servings



Want to get some extra servings or bulk up this dish? Serve with a side of potato or sweet potato wedges, a tray bake of roasted vegetables or sautéed green veggies.

PROTEIN TOTAL FAT CARBOHYDRATES

97g

#### **FROM YOUR BOX**

томато	1
BROWN ONION	1
GREEN CAPSICUM	1
BROWN ONION	1
BABY COS LETTUCE	1
AVOCADO	1
CORN COB	1
PERI PERI CHICKEN BREAST STRIPS	1 packet
LEBANESE FLATBREAD	5-pack

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, BBQ or griddle pan

#### **NOTES**

Use the avocado to make guacamole!

Toast the flatbread in a sandwich press or the oven if preferred.

Add sauce such as aioli, hot sauce, chimichurri, or a herby yoghurt sauce.

No gluten option - flatbreads are replaced with GF wraps.







### 1. PREPARE THE INGREDIENTS

Wedge tomato, slice onion and capsicum. Separate and rinse lettuce leaves and slice avocado (see notes).



#### 2. COOK THE CORN

Remove husks and silks from **corn cob** and rub with **oil**. Heat BBQ or pan and add corn. Cook for 10 minutes, turning occasionally, or until cooked through. Halve corn or cut into cobettes.



## 3. SAUTÉ THE VEGGIES

Heat a large frypan over medium-high heat with **oil**. Add onion, tomato and capsicum. Sauté for 5 minutes until tender.



## 4. ADD THE CHICKEN

Roughly tear chicken. Add to pan along with 1 cup water. Stir and simmer for 5 minutes. Season to taste with salt and pepper.



## 5. WARM THE FLATBREAD

Heat a frypan or griddle pan over high heat (see notes). Toast **flatbread** in pan for 30 seconds each side. Keep warm.



### 6. FINISH AND SERVE

Build wraps (see notes) with chicken capsicum mix, lettuce and avocado, or take to the table for everyone to build their own wraps. Serve with corn cobettes.

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



