



Product Spotlight: Baby Cos Lettuce

Baby cos lettuce can often be sandy. Trim the lettuce and separate the leaves. Soak in a bowl of water to remove excess sand before rinsing in a salad spinner.



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!



25 minutes



4 servings



Chicken

Bulk it up!

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	24g	77g

FROM YOUR BOX

TOMATOES	2
BROWN ONION	1
GREEN CAPSICUM	1
RED CAPSICUM	1
BABY COS LETTUCE	1
AVOCADOS	2
CORN COBS	2
PERI PERI CHICKEN BREAST STRIPS	1 packet
BLACK BEANS	400g
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!

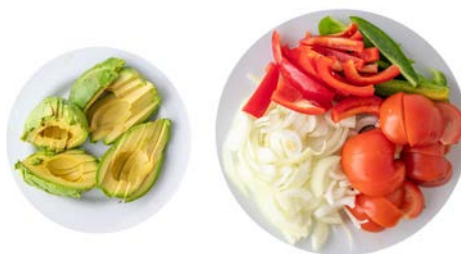
Toast the flatbread in a sandwich press or the oven if preferred.

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

No gluten option – flatbreads are replaced with GF wraps.



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1. PREPARE THE INGREDIENTS

Wedge **tomatoes**, slice **onion** and **capsicums**. Separate and rinse **lettuce** leaves and slice **avocados** (see notes).



2. COOK THE CORN

Remove husks and silks from **corn cobs** and rub with **oil**. Heat BBQ or griddle 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**, drain and rinse **beans**. 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**

