



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



A2 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

 2 servings

 Chicken

16 September 2022

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.

FROM YOUR BOX

MEDIUM POTATOES	3
MANGO CHUTNEY	1 jar
CHICKEN SCHNITZELS	300g
LEBANESE CUCUMBER	1
AVOCADO	1
CORIANDER	1 packet
WHEAT WRAPS	6-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 - wheat wraps are replaced with gluten-free burger buns. Toast the buns in the oven for 5 minutes. Fill with chicken or fish and salad.



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 cup 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.



4. WARM THE WRAPS

Heat a dry frypan over medium-high heat. Add wraps (one at a time) and cook 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 1/4 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.

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

