



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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

 2 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
SHALLOT	1
RICOTTA CHEESE	1/4 cup *
CHICKEN SCHNITZELS	300g
PLUM SAUCE	1/2 bottle *
TOMATO	1
PURPLE CARROT	1
LETTUCE	1/2 *
SNOW PEA SPROUTS	1/3 punnet *
LEBANESE FLATBREADS	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.

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 shallot. 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 1 tbsp plum sauce and **1/2 tbsp oil**. Cook for 4-5 minutes each side or until cooked through (see notes).



3. PREPARE THE TOPPINGS

Slice tomato, ribbon carrot 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 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**

