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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lebanese flatbreads

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.

Buffalo Chicken Wraps

Inspired by the classic flavours of Buffalo, New York, this sweet and smoky spice blend brings a hint of mustard and garlic. Perfect for coating chicken schnitzels, then wrapping them up with crisp salad and a creamy dill yoghurt dressing!

20 minutes | 4/6 servings | Chicken

Make a salad bowl!

Coat flatbreads with oil and toast them. Toss salad ingredients together and top with sliced chicken. Drizzle with yoghurt sauce and crush crispy flatbreads over the top to make croutons.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	17g	42g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN SCHNITZELS	600g	600g + 300g
BUFFALO SPICE MIX	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs
RANCH SPICE MIX	1 packet	1 packet
BABY COS LETTUCE	1	2
TOMATOES	2	3
AVOCADO	1	2
CARROT	1	3
CELERY STICKS	3	4
LEBANESE FLATBREADS	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

griddle pan or BBQ, frypan

NOTES

You can add a hot sauce like Tabasco or cayenne pepper to the chicken if you like some spice!

No gluten option - Lebanese flatbreads are replaced with gluten-free wraps.

Buffalo spice mix: smoked paprika, sweet paprika, onion powder, cumin, garlic powder, yellow mustard powder.

Dill seasoning: dried dill, onion powder, garlic powder, salt



1. COOK THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat. Coat **chicken** with **buffalo spice mix, oil, salt and pepper** (see notes). Cook for 4-5 minutes each side or until cooked through.



2. PREPARE THE SAUCE

Combine **yoghurt** with **dill seasoning**. Set aside in the fridge until serving.



3. PREPARE THE FILLINGS

Finely shred **lettuce**, dice **tomatoes** and slice **avocado**.



4. CUT THE VEGGIE STICKS

Cut **carrot** and **celery** into batons.



5. WARM THE FLATBREADS

Warm the **flatbreads** for 20-30 seconds each side on the BBQ or in a frypan.



6. FINISH AND SERVE

Slice or chop the **cooked chicken.** Assemble **wraps** at the table with **fillings**, **sauce** and **chicken**. Serve **remaining sauce** with **veggie sticks** for dipping.

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