



Crumbed Chicken Wrap

with Garlic Aioli

SERVES

2



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Olive Oil*	refer to method
Crumbed Chicken Breast Strips	1 packet
Tomato	1
Cos Lettuce	1/2 head
Mini Flour Tortillas	6
Garlic Aioli	1 medium packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2535kJ (606Cal)	687kJ (164Cal)
Protein (g)	38.6g	10.5g
Fat, total (g)	22.3g	6g
- saturated (g)	4.8g	1.3g
Carbohydrate (g)	58.6g	15.9g
- sugars (g)	6.4g	1.7g
Sodium (g)	932mg	253mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Cook the chicken

Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. Cook **crumbed chicken breast strips** until golden and cooked through, **3-4 minutes** each side. Season, slice and set aside.

2. Get prepped

While chicken is cooking, thinly slice **tomato** into half-moons. Roughly chop **cos lettuce** (see ingredients).

3. Serve up

Spread each **mini flour tortilla** with some **garlic aioli**. Top with tomato, cooked chicken and cos lettuce. Tightly roll into a wrap.

Fresh tip!

Use leftover cos lettuce in a salad!

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.co.nz/contact 2022 | CW27