



JAN  
2017

## Mexican Chicken Wraps

with Apple-Beet Slaw and Potato Wedges

Well, hello Mr. Beet! You're looking awfully delicious! We're making the best of wonderful seasonal vegetables in our Mexican chicken wraps with a yummy apple- beet slaw and potato wedges.



Chicken Tenders



Beet



Gala Apple



Mini Yukon Potatoes



Romaine Lettuce



Tortillas



Mexican Spice  
Blend



Honey



Lemon



Mayonnaise



Cilantro

## Ingredients

	2 People	4 People
Chicken Tenders	1 pkg (340 g)	2 pkg (680 g)
Beet, shredded	1 pkg (113 g)	2 pkg (227 g)
Gala Apple	1	2
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)
Romaine Lettuce, shredded	1 pkg (56 g)	2 pkg (113 g)
Tortillas	4	8
Mexican Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Honey	2 pkg (2 tbsp)	4 pkg (4 tbsp)
Lemon	1	1
Mayonnaise	2) 3)	4 pkg (4 tbsp)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Egg/Oeuf
- 3) Soy/Soja
- 4) Sulphites/Sulfites

## Tools

Baking Sheet, Grater, Medium Bowl, Large Bowl, Large Pan, Measuring Spoons, Zester

**Nutrition per person** Calories: 814 cal | Fat: 21 g | Protein: 50 g | Carbs: 109 g | Fiber: 9 g | Sodium: 470 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



**1 Preheat the oven to 400°F. (To roast the potatoes.) Start prepping when the oven comes up to temperature!**

**2 Prep and roast the potatoes:** Wash and dry all produce. Cut the potatoes into ½-inch wedges. Toss the potatoes with a drizzle of oil on a baking sheet. Season with salt and pepper. Roast in the center of the oven, stirring halfway through cooking, until golden-brown, 25-28 min

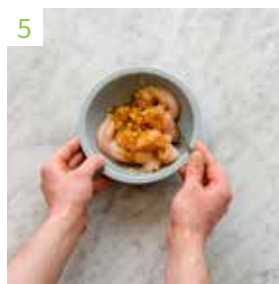
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**3 Prep:** Meanwhile, peel and coarsely grate the apple. Finely chop the cilantro. Zest, then juice the lemon.

**4 Make the slaw:** Add the shredded beet and apple to a medium bowl. Stir in the lemon zest and 1 tbsp lemon juice (double for 4 people.) Season with salt and pepper. Taste and add more lemon juice, 1 tsp at a time, if you want a tangy-er slaw!

5



**5 Cook the chicken:** In a large bowl, toss the chicken with spice blend, 2 tbsp lemon juice (double for 4 people) and honey. Heat a large pan over medium-high heat. Add a drizzle of oil, then the chicken. Cook until chicken is cooked through, 3-4 min. Add 1 tbsp water (double for 4 people). Stir, scraping up any brown bits from the bottom of the pan, to create a glaze.

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**6 Finish and serve:** Spread 1 tsp mayonnaise on each tortilla. Top with glazed chicken, lettuce, cilantro and slaw, if desired. Roll up. Serve alongside the extra slaw and potato wedges. Enjoy!

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Ruler

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