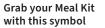


# Spiced Chicken & Dill-Parsley Mayo Wrap with Tomato Salad

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Strips





Dill & Parsley Mayonnaise





Classic Wraps

Baby Spinach Leaves

Hands-on: 5 mins Ready in: 10 mins



Lunch in less than 15 minutes? We've got you covered with mildly spiced chicken strips, salad and a herby hit of dill-parsley mayo all wrapped up snugly in a handheld burrito-style wrap. Perfect to prep and take anywhere, or to be made on the spot for an instant healthy meal!

**Pantry items** Olive Oil

# Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan

#### Ingredients

	2 People
olive oil*	refer to method
chicken breast strips	1 packet
Aussie spice blend	1 sachet
tomato	1
dill & parsley mayonnaise	1 packet (100g)
classic wraps	4
baby spinach leaves	1 bag (60g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3509kJ (838Cal)	877kJ (209Cal)
Protein (g)	39.4g	9.8g
Fat, total (g)	53.8g	13.4g
- saturated (g)	10.4g	2.6g
Carbohydrate (g)	47.3g	11.8g
- sugars (g)	6.3g	1.6g
Sodium (mg)	1409mg	352mg

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken breast strips**, tossing occasionally, until browned, **4-5 minutes**. Add the **Aussie spice blend** and cook until cooked through, **1-2 minutes**. Remove from the heat and set aside to cool.



# Prep the tomato

While the chicken is cooking, roughly chop the **tomato**. Place the **tomato** on a sheet of paper towel to soak up any excess moisture.



# Pack the wrap

When you're ready to pack lunch. Spread some **dill & parsley mayonnaise** over the **classic wraps** (see ingredients). Top with the **baby spinach leaves**, **tomato** and **chicken**. Season with **salt** and **pepper**. Tuck in the ends and roll into burritos. Wrap in foil or plastic wrap and refrigerate.



# Serve up

At lunchtime, remove the wrapping and heat the chicken wrap in a sandwich press or in the microwave for **30 seconds** bursts, until heated to your liking.

TIP: No need to heat your wrap if you prefer it cooled.

# Enjoy!