



Spiced Chicken & Dill-Parsley Mayo Wrap

with Tomato Salad

Grab your Meal Kit with this symbol



Chicken Breast



Aussie Spice Blend



Tomato



Dill & Parsley Mayonnaise



Classic Wraps



Baby Spinach Leaves

Hands-on: 5 mins
 Ready in: 10 mins

Eat me early

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 nutritious 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	1 packet
Aussie spice blend	1 sachet
tomato	1
dill & parsley mayonnaise	1 packet (100g)
classic wraps	4
baby spinach leaves	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	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

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

Slice the **chicken breast** into 1cm strips. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken strips**, tossing occasionally, until browned, **3-4 minutes**. Add the **Aussie spice blend** and cook until coated and cooked through, **1-2 minutes**. Set aside to cool.

TIP: Chicken is cooked through when it's no longer pink inside.

2



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.

3



Pack

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.

4



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!