



Honey-Garlic Chicken Wraps

with Potato Wedges and Ranch

Family Friendly 30 - 40 Minutes

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

Swap



Chicken Thighs*
280 g | 560 g



Chicken Breasts*
2 | 4



All-Purpose Flour
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 1 tsp



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Flour Tortillas
6 | 12



Spring Mix
28 g | 56 g



Tomato
1 | 2



Russet Potato
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



Ranch Dressing
4 tbsp | 8 tbsp



Chives
7 g | 7 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, oil, salt, unsalted butter

Cooking utensils | Parchment paper, baking sheet, measuring spoons, medium bowl, paper towels, small bowl, aluminum foil, large non-stick pan

1



Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **BBQ Seasoning, salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Warm tortillas

- Wrap **tortillas** in foil, then place in the top of the oven until warm, 4-5 min. (**TIP:** You can skip this step if you don't want to warm tortillas.)

2



Prep

[Swap](#) | [Chicken Thighs](#)

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Thinly slice **chives**.
- Stir together **chives, ranch dressing** and **⅛ tsp (¼ tsp) pepper** in a small bowl. Set aside.
- Combine **flour** and **half the garlic salt** (use all for 4 ppl) in a medium bowl.
- Pat **chicken** dry with paper towels, then on a separate cutting board, carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
- Add **chicken** to **flour mixture**, then toss to coat.

5



Make honey-garlic sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- When the pan is hot, add **2 tbsp (4 tbsp) butter**. Swirl until melted.
- Remove the pan from heat, then add **honey-garlic sauce**. Stir until combined.

3



Cook chicken

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **1 tbsp (2 tbsp) oil**, then **chicken**.
- Cook until golden-brown and cooked through, 5-7 min per side.**
- Transfer **chicken** to a plate, then cover to keep warm.
- Carefully wipe the pan clean with paper towels.

6



Finish and serve

- Thinly slice **chicken**, then add to the pan with **honey-garlic sauce**. Toss to coat.
- Divide **tortillas** and **potato wedges** between plates.
- Top **tortillas** with **half the ranch mixture, spring mix, tomatoes**, then **chicken**.
- Spoon **any remaining honey-garlic sauce** from the pan over top.
- Serve **remaining ranch mixture** alongside for dipping.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Prep

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, do not halve them. Cook them in the same way the recipe instructs you to cook the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.