



Mango Chutney-Glazed Chicken Naan Wraps

with Garlic Wedges and Cilantro-Garlic Sauce

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Plant-Based Protein Shreds
200 g | 400 g



Chicken Breast Tenders
310 g | 620 g



Dal Spice Blend
1 tbsp | 2 tbsp



Mango Chutney
4 tbsp | 8 tbsp



Flatbread
2 | 4



Baby Spinach
28 g | 56 g



Tomato
1 | 2



Cilantro
7 g | 7 g



Sour Cream
1 | 2



Garlic Powder
1 tsp | 2 tsp



Russet Potato
2 | 4



White Wine Vinegar
1 tbsp | 2 tbsp

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, oil, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl

1



Cook wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove brown spots from **potatoes**, then cut into ½-inch wedges.
- To a parchment-lined baking sheet, add **potatoes** and **1 tbsp** (2 tbsp) **oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **half the garlic powder, salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 24-26 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and the top of the oven, rotating sheets halfway through.)

4



Warm flatbreads

- Wrap **flatbread** in foil, then place in the **top** of the oven until warm, 5-6 min. (**TIP:** You can skip this step if you don't want to warm flatbread.)

2



Prep ingredients

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Roughly chop **spinach**
- Finely chop **cilantro**.
- In a small bowl, add **sour cream, cilantro, half the vinegar** and **remaining garlic powder**. Season with **salt** and **pepper**, then stir to combine. Set aside.

5



Make mango sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- Add **2 tbsp** (4 tbsp) **butter**. Swirl until melted.
- Remove the pan from heat, then add **mango chutney** and **remaining vinegar**. Stir to combine.

3



Cook chicken

Swap | Chicken Breasts

Swap | Plant-Based Protein Shreds

- Pat **chicken** dry with paper towels. Season with **Dal Spice Blend, salt** and **pepper**.
- Heat a large non-stick pan over medium.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Sear for 3-4 min per side, until **tenders** are golden and cooked through.**
- Transfer to a plate, then cover to keep warm.
- Carefully wipe the pan clean with paper towels.

6



Finish and serve

Swap | Plant-Based Protein Shreds

- On a clean cutting board, slice **chicken**. Add to the pan with **mango chutney sauce**. Toss to coat.
- Divide **flatbreads** and **potato wedges** between plates.
- Top **flatbreads** with **baby spinach, tomatoes, half the cilantro-garlic sauce** and **chicken**.
- Spoon **any remaining mango sauce** from the pan over top.
- Serve **remaining cilantro-garlic sauce** alongside for dipping.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prep and cook in the same way the recipe instructs you to prep and cook **chicken breast tenders**.

3 | Cook plant-based protein shreds

Swap | Plant-Based Protein Shreds

If you've opted to get **protein shreds**, when the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **protein shreds**. Cook for 6-8 min, flipping once or twice, until cooked through.** Season with **Dal Spice Blend, salt** and **pepper**. Toss to coat.

6 | Finish and serve

Swap | Plant-Based Protein Shreds

Disregard instructions to slice **protein shreds**.

* 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 temperature of 165°F.