



Chicken Ranch Wraps

with Tomatoes and Cheddar

Family Friendly

Quick

25 Minutes



Chicken Thighs



Chicken Breasts



Carrot, julienned



Roma Tomato



Dill-Garlic Spice Blend



Baby Spinach



Cheddar Cheese, shredded



Flour Tortillas



Ranch Dressing



BBQ Seasoning

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO RANCH

This tangy ranch dressing is the perfect condiment in a wrap!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, aluminum foil, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Carrot, julienned	56 g	113 g
Roma Tomato	80 g	160 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Baby Spinach	56 g	113 g
Cheddar Cheese, shredded	½ cup	1 cup
Flour Tortillas	6	12
Ranch Dressing	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

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Prep

- Cut **tomato** into ½-inch pieces.
- Add **tomatoes** and **carrots** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.



Warm tortillas

- Meanwhile, 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 the tortillas!)



Prep chicken

- Pat **chicken** dry with paper towels, then cut **each chicken thigh** in half crosswise.
- Add **chicken**, **BBQ Seasoning**, **Dill-Garlic Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **chicken** in a single layer.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish and serve

- Divide **tortillas** between plates, then spread **ranch dressing** onto **tortillas**.
- Top **tortillas** with **chicken**, **cheese**, **tomatoes and carrots** and **spinach**.



Roast chicken

- Roast **chicken** in the **middle** of the oven until cooked through, 16-18 min. **
- When **chicken** is done, using 2 forks, shred **chicken** into bite-sized pieces.

Dinner Solved!