



Fried Chicken Wrap

with Root Vegetable Fries



30-40min



2 Portions

Chicken and chips get a makeover here! Traditional potato chips get swapped for sweet carrots and parsnips and get oven-baked for a lighter version. We love our chicken nice and crispy so we've coated it in paprika and flour and shallow-fried until golden, then popped it on to soft pita bread with a dollop of creamy dill aioli... delish!

What we send

- parsnip
- baby rocket
- wholemeal pita bread ¹
- sweet paprika
- carrot
- aioli ^{3,7}
- 1 banana shallot and dill
- lemon
- free-range chicken breast fillet

What you'll require

- milk ⁷
- olive oil
- plain flour ¹
- sea salt and pepper
- vegetable oil

Utensils

- baking paper
- foil
- medium frypan
- oven tray
- paper towel

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you prefer, you can use a whisked egg in place of the milk for coating your chicken.

Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 880.0kcal, Fat 40.2g, Proteins 45.5g, Carbs 76.0g



1. Prepare ingredients

Preheat oven to 220C. Peel the **carrots** and **parsnips** and cut into long sticks, about 1cm thick. Finely chop the **shallot**. Pick the **dill** sprigs (discard stems) and finely chop.



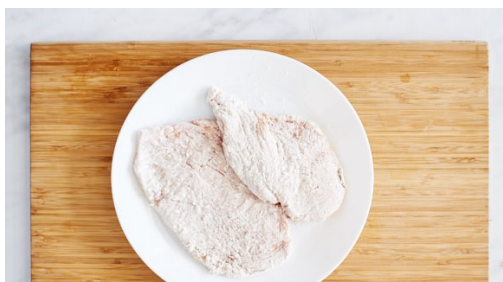
2. Roast vegetables

Toss **carrots** and **parsnips** with 2 tbs **olive oil** on a lined oven tray and season with **sea salt and pepper**. Roast for 15-20 mins, shaking tray halfway through, until browned and tender.



3. Make sauce

Meanwhile, juice half the **lemon** and cut remaining half into wedges. Combine 2 tsp of **juice**, **shallot**, **dill** and **aioli** in a small bowl. Wrap **pita breads** in foil.



4. Coat chicken

Cut **chicken breast** in half lengthwise to make thinner steaks and season with **salt and pepper**. Pour $\frac{1}{3}$ cup of **milk** into a shallow dish. Whisk $\frac{1}{3}$ cup **flour**, 1 tsp **paprika**, and $\frac{1}{2}$ tsp **sea salt** in a separate bowl. Coat chicken breasts in flour, then milk. Repeat in flour then milk, then finish in flour. (See cooking tip)



5. Fry chicken

Warm **pita breads** in oven for 5 mins. Meanwhile, heat 125ml ($\frac{1}{2}$ cup) **vegetable oil** in a medium frypan over medium-high heat. When oil is hot (it should sizzle vigorously), add **chicken** and cook for 4-5 mins, turning occasionally, until golden and crisp. Drain on paper towel. Cool for 2 mins then slice.



6. Build wraps

Spread a little **sauce** over each bread. Top with **rocket** and **chicken**. Serve wraps with **lemon wedges** and **root vegetable fries** on the side. Serve with any extra sauce for dipping.