

DINNERLY



Mexican Chicken Wraps with Fried Onion



20-30 minutes



4 Servings

Get set for a dinner fiesta. These tasty wraps loaded with fresh greens, soft fried onions and Mexican-spiced chicken will have the whole family celebrating.

WHAT WE SEND

- free-range chicken thigh fillet
- flour wraps ^{1,6,7}
- Mexican spice blend
- red onion
- tomato
- mixed salad leaves

WHAT YOU NEED

- olive oil
- salt and pepper

TOOLS

- foil

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

ALLERGENS

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 650kcal, Fat 30.8g, Carbs 53.9g, Proteins 36.1g



1. Prep ingredients

Thinly slice the **onions** into rings and put in a bowl. Add **1 tbs olive oil**, season with **salt** and toss to combine. Coarsely chop the **tomatoes**.



2. Marinate chicken

Trim any excess fat from the **chicken**, then thinly slice. Put the chicken, **1 tbs Mexican seasoning** and **1 tbs olive oil** in a separate bowl and stir to coat.



3. Warm wraps

Heat a chargrill pan or large frypan over medium heat. One at a time and turning once, warm the **wraps** for 30 secs-1 min. Wrap in a clean tea towel or foil to keep warm.



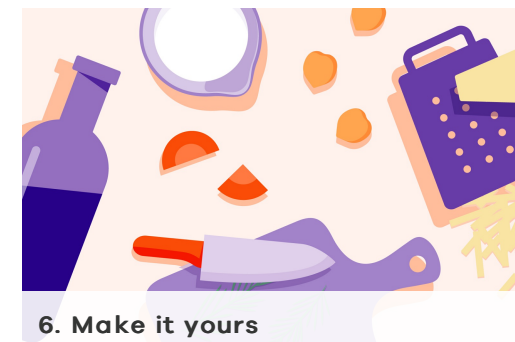
4. Cook chicken

Increase the heat to medium-high. Cook the **onion**, tossing occasionally, for 5 mins or until golden. Remove from the pan and cover to keep warm. Cook the **chicken**, tossing the pan, for 5 mins or until golden and cooked through. Remove from the pan and season with **salt and pepper**.



5. Serve up

Divide the **chicken, onion, tomato** and **salad leaves** among the **warm wraps** to serve.



6. Make it yours

For a cheesy spin, roll up the wraps with the chicken mixture, top with grated cheese and grill for 2-4 mins under a hot grill. Serve with the salad leaves.