



SPICY CHICKEN & GUACAMOLE WRAPS

cabbage, tomato, corn, creamy parsley & cilantro chimichurri

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
680

MENU
FAST & FIT

This wrap is our light and fresh take on a burrito, without all the bulk of rice and beans. It features chicken strips seasoned with our chili, cumin, and paprika blend, which is also used to spice up the guac. As great as these fillings are, we think the breakout star of the dish is the crunchy slaw that's tucked into the tortilla as well as served alongside. Tossed with our creamy parsley and cilantro chimichurri, the refreshing slaw combines cabbage with tomato and corn. Now, *that's* a wrap!

- INGREDIENTS (8 ITEMS)**
- 5¼ oz **Cabbage**
 - 1 whole **Roma tomato**
 - 2 (5 oz) **Chicken cutlets***
 - 1¼ tsp **Chili, cumin & paprika blend**
 - 2 whole **Flour tortillas ^w**
 - 4 oz **Guacamole**
 - 1½ oz **Corn**
 - 1½ oz **Creamy parsley & cilantro chimichurri ^{E S}**

- WHAT YOU'LL NEED**
- medium sauté pan
 - mixing bowls
 - measuring spoons
 - thermometer
 - oven mitt
 - cooking oil
 - salt & pepper

- ALLERGENS**
- ^W WHEAT
 - ^E EGGS
 - ^S SOY

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 PREP

- Preheat oven to 425 degrees.
- Roughly chop **cabbage*** if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt, pepper, and ¾ teaspoon of the **chili, cumin, and paprika blend**.
- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4–6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board. Let rest at least 3 minutes. Slice **chicken** lengthwise into strips, about ¼ inch thick.

3 WARM TORTILLAS

- Meanwhile, stack **flour tortillas** on foil; wrap with foil. Place directly on oven rack. Warm 4–6 minutes, or until heated through.

4 SEASON GUACAMOLE

- Place **guacamole** in a small bowl. Season with remaining **chili, cumin, and paprika blend**. Stir to combine.

5 MAKE SLAW

- Place **cabbage, tomato, and corn** in a large bowl. Drizzle with **creamy parsley and cilantro chimichurri**. Toss to combine. Season with salt and pepper to taste.

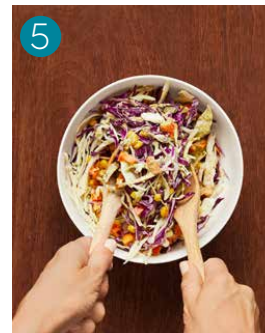
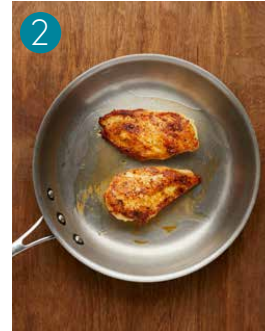
6 ASSEMBLE WRAPS

- Place **tortillas** on a clean work surface. Spread bottom third of each with **guacamole**. Top with about a quarter of the **slaw**. Top slaw with **chicken strips**.
- Fold up bottom side of each **tortilla** over **filling**. Fold over left and right sides toward the filling. Roll up **tortillas**, starting with filled sides, to enclose filling.*

**For less mess, place each tortilla on a large piece of aluminum foil before rolling and wrap up with the foil. Simply unwrap as you eat!*

7 PLATE YOUR DISH

- Halve **wraps** on a diagonal.
- Divide **spicy chicken and guacamole wraps** between plates. Serve remaining **slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (442g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 700mg	30%
Total Carbohydrate 36g	13%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 138mg	10%
Iron 3mg	15%
Potassium 1217mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Cutlets [chicken], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder), **Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Green Cabbage, Red Cabbage, Corn** [corn], **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Lemon Juice [lemon]), **Roma Tomatoes**

Allergen information:

Contains Egg, Soy And Wheat

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.