



## Aromatic Shredded Hoisin Chicken Wraps

A healthier and easier alternative to the chinese takeaway favourite - these hoisin chicken wraps are a great mid-week meal. Topped with crunchy fresh veg, these wraps are high in protein and low in fat, as well as being a good source of carbohydrate. These wraps would make a great post-workout meal!

### Ingredients

- Chicken breasts
- Hoisin sauce
- Tortilla wraps
- Cucumber
- Carrot
- Soy sauce
- Spring onions
- Sesame seeds

### Your Pantry

- Olive oil

### Nutritional Info

Calories: 548kcal  
Carbohydrates: 60g  
Protein: 36g  
Fat: 12g

### Allergens


[Wheat \(wraps, hoisin sauce, soy sauce\)](#)  
[Soy beans \(soy sauce, hoisin\)](#)  
[Sesame \(hoisin, sesame seeds\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Cook the chicken

Place a large frying pan on high heat with a drizzle of oil. Add the chicken breasts and season with salt and pepper. Saute on each side for 3-4 minutes. Pour over 200ml of hot water and cover immediately with a lid or tin foil. Bring to a simmer and cook for 7-10 minutes, or until the chicken is cooked through. While the chicken is cooking.....

## 2) Prepare the vegetables

Slice the cucumber and spring onion into thin strips the length of your index finger. Set aside. Peel the carrot and then use a peeler to shave ribbons.

## 3) Shred the chicken

Once the chicken is cooked, turn off the heat and drain off the water. Transfer the cooked chicken to a plate or board and use two forks to shred and pull apart the chicken. Add a drizzle of oil back into the pan and place on medium heat. Once hot, add the shredded chicken and saute for about 1 minute, then add the hoisin and soy sauce, cooking for a further 1-2 minutes. Once the sauce has become sticky and caramelised, switch off the heat.

## 4) Assemble the wraps & plate the dish

Assemble the wraps with the cucumber, spring onion strips and hoisin chicken. Lay the carrot ribbons alongside the wraps on the plate and sprinkle some sesame seeds over for garnish.



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