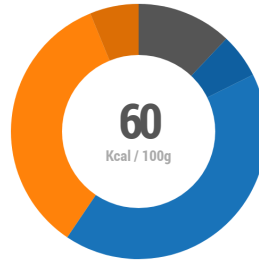


Barbecue Chicken Wraps Filled with Corn & 'Slaw

Served with Herby Diced Potatoes, Vegetable Sticks & Houmous

OVERVIEW ...



CALORIES:

47.4% Carbs

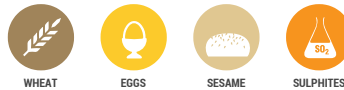
12% Protein

40.5% Fat

FOOD LABELLING...

Serves **10**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

118363 Halal British Chicken Inner Fillets.. - BRAKES

118363 CHICKEN

BRAKES **120g**

0.05 x Each

unchanged

113114 Spicentice Barbecue Rub..

BARBECUE RUB SPICENTICE

BRAKES **50g**

N/A

4381 La Boulangerie 10" Fully Baked Flour Tortillas.. - BRAKES

TORTILLA

BRAKES **544g**

10x Each

N/A

136343 Scratch Meals Kaleslaw..

KALESRAW

BRAKES **300g**

3x Each

unchanged

11213 Sysco Classic Houmous.. - BRAKES

11213 HOUMOUS BRAKES

BRAKES **300g**

0.3x Each

unchanged

3243 Sweetcorn (7 Jun 2023)..

SWEETCORN

BRAKES **300g**

unchanged

10332 Lettuce Little Gem.. - BRAKES

10332 LETTUCE LITTLE GEM FRESH DIRECT

BRAKES **150g**

Each

unchanged

30080 Brakes Seasoned Crispy Cubes..

DICED POTATOES

BRAKES **800g**



10245 Mixed Peppers..

PEPPERS FRESH DIRECT

BRAKES **507g**
incl waste

4x Each



10230 Cucumber..

CUCUMBER FRESH DIRECT

BRAKES **2g**

0.01x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 771g / 480kcal

1.0

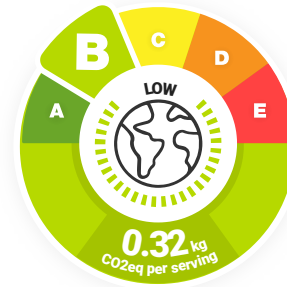
SUSTAINABILITY & FOOTPRINT...

Food Production **3.21kg**

120g	118363 Halal British Chicken Inner Fillets	B	0.44kg
50.0g	113114 Spicentice Barbecue Rub	D	0.47kg
544g	4381 La Boulangerie 10" Fully Baked Flour Tortillas	A	0.53kg
300g	136343 Scratch Meals Kaleslaw	A	0.17kg
300g	11213 Sysco Classic Houmous	B	0.46kg
300g	3243 Sweetcorn (7 Jun 2023)	A	0.09kg
150g	10332 Lettuce Little Gem	B	0.40kg
800g	30080 Brakes Seasoned Crispy Cubes	A	0.32kg
507g	10245 Mixed Peppers	A	0.33kg
2.00g	10230 Cucumber	A	0.00kg

Water Usage **13119l**

120g	118363 Halal British Chicken Inner Fillets	5	400l
50.0g	113114 Spicentice Barbecue Rub	X	-
544g	4381 La Boulangerie 10" Fully Baked Flour Tortillas	X	-
300g	136343 Scratch Meals Kaleslaw	X	-
300g	11213 Sysco Classic Houmous	X	-
300g	3243 Sweetcorn (7 Jun 2023)	X	-
150g	10332 Lettuce Little Gem	1	35.6l
800g	30080 Brakes Seasoned Crispy Cubes	10	8953l
507g	10245 Mixed Peppers	8	3732l
2.00g	10230 Cucumber	X	-



foodprint



70% Data Quality Score

Your Transport & Packaging:

✔ 1 Serving 771g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Marinate the chicken in the spice mix, ideally for a couple of hours & store in the chillier
- Defrost the sweetcorn
- Defrost the tortillas
- Wash & shred the lettuce
- Place the potatoes on a lined baking tray
- Prepare the peppers & cut into strips
- Cut the cucumber into batons

Method:

1. Pre heat the oven to 180°C
2. Oven bake the potatoes for approximately 15-18 mins
3. Oven bake the chicken, cooking for approximately 10 mins
4. Take the tortillas, arrange the lettuce, 'slaw & scatter over the sweetcorn, place the chicken on top
5. Roll & wrap each filled tortilla
6. Place the potatoes in a grab & go pot with the pepper & cucumber, & add the houmous to the side of the pot

7. Serve a wrap with a pot of potatoes & houmous

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