

# Caesar Salad Wrap mit Poulet

dazu Cherry-Tomaten und Kartoffelspalten

Family 10 Min. Vorbereitung High Protein 30 Minuten • 791 kcal • Tag 3 kochen

26



Pouletgeschnetzeltes



Salatherz (Romana)



Cherry-Tomaten



Hartkäse geraspelt



mittelscharfer Senf



Mayonnaise



Weizentortillas



vorw. festk. Kartoffeln



Sahnejoghurt

# Los geht's

Wasche Gemüse und Kräuter ab.

## Basiszutaten aus Deiner Küche\*

Pfeffer\*, Salz\*, Olivenöl\*

## Kochutensilien

Backbleche, Backpapier, und grosse Schüssel

## Zutaten 2 | 4 Personen

	2P		4P	
Pouletgeschnetzeltes	1 x	250 g	2 x	250 g
Salatherz (Romana)	1 x	170 g	2 x	170 g
Cherry-Tomaten	1 x	125 g	1 x	250 g
Hartkäse geraspelt <b>7) 8)</b>	1 x	20 g	1 x	40 g
mittelscharfer Senf <b>9)</b>	1 x	10 ml	2 x	10 ml
Mayonnaise <b>8) 9)</b>	2 x	17 ml	4 x	17 ml
Weizentortillas <b>15)</b>	2 x	61.5 g	4 x	62.5 g
vorw. festk. Kartoffeln	1 x	400 g	1 x	800 g
Sahnejoghurt <b>7)</b>	1 x	75 g	2 x	75 g

\*\*Beachte die benötigte Menge. Die gelieferte Menge in Deiner Box weicht hiervon ab und es bleibt etwas übrig

## Durchschnittliche Nährwerte pro

(Berechnet auf Grundlage der angegebenen Ausgangszutaten.)

	100 g	Portion (ca. 600 g)
Brennwert	551 kJ/ 132 kcal	3308 kJ/ 791 kcal
Fett	5.99 g	35.93 g
- davon ges. Fettsäuren	1.71 g	10.23 g
Kohlenhydrate	11.61 g	69.68 g
- davon Zucker	1.30 g	7.81 g
Eiweiss	7.75 g	46.50 g
Salz	0.362 g	2.173 g

Bitte beachte, dass die Nährwertangaben auf der Rezeptkarte aufgrund natürlicher Schwankungen und kurzfristiger Produktänderungen abweichen können. Massgeblich sind allein die Nährwertinformationen auf den Produktverpackungen.

**Allergene:** **7)** Milch (einschliesslich Laktose) **8)** Eier **9)** Senf **15)** Weizen

(Bitte beachte weitere Informationen zu Allergenen und möglichen Spuren von Allergenen auf der Zutatenverpackung!)



## 1 Kartoffeln backen

Heize den Backofen auf 220 °C Ober-/Unterhitze (200 °C Umluft) vor.

**Kartoffeln** in ca. 1 – 2 cm breite Spalten schneiden.

**Kartoffelspalten** auf die Hälfte eines mit Backpapier belegten Backblechs legen.

**Kartoffeln** mit 1 EL [2 EL] **Öl\***, **Salz\*** und **Pfeffer\*** vermengen und für 30 Min. im Ofen backen.

**Tip:** Für 4 Personen benutzt Du am besten 2 Backbleche.



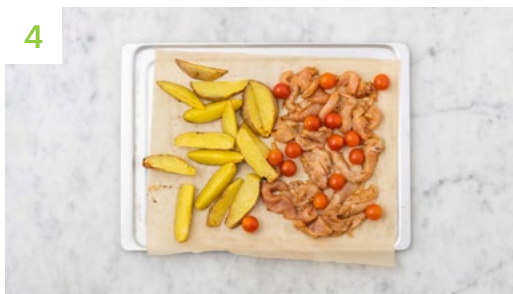
## 2 Für den Salat

**Salatherzen** halbieren, Strunk herausschneiden und **Salatblätter** quer in ca. 1 cm dicke Streifen schneiden.



## 3 Dip zubereiten

In einer kleinen Schüssel **Mayonnaise**, **Senf** und **Sahnejoghurt** miteinander verrühren und mit **Salz\*** und **Pfeffer\*** abschmecken.



## 4 Poulet garen

Nach ca. 15 Min. der **Kartoffel**-Backzeit **Pouletgeschnetzeltes** und **Cherry-Tomaten** neben die **Kartoffeln** aufs Blech geben und mit 1 EL [2 EL] **Öl\*** beträufeln.

Mit **Salz\*** und **Pfeffer\*** würzen und alles zusammen für weitere 14 – 15 Min. im Ofen backen, bis das **Fleisch** innen nicht mehr rosa ist.



## 5 Wraps rollen

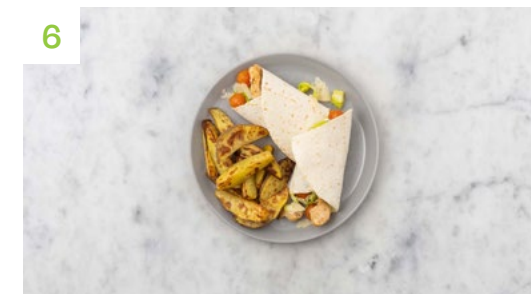
**Tortillas** für 1 – 2 Min. im noch warmen Ofen erwärmen.

**Tortillas** auf Teller legen, etwas **Dip** darauf verteilen, dabei mindestens 2 cm am Rand frei lassen.

**Salat**, **Cherry-Tomaten**, **Poulet** und **Hartkäse** auf dem unteren Drittel verteilen, dann die Seiten der **Tortillas** links und rechts nach innen klappen.

Nun die untere Seite nach oben über die **Füllung** klappen und fest aufrollen.

**Tip:** wenn nicht alles in den Wrap passen sollte, serviere die restliche Füllung als Beilage



## 6 Anrichten

**Wraps** nach Belieben halbieren und mit den **Kartoffelspalten** auf Tellern anrichten. Den restlichen **Dip** dazureichen und geniessen.

## En Guete!

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# Caesar salad wrap with chicken

served with cherry tomatoes and potato wedges

Family 10 min. preparation High protein 30 minutes • 791 kcal • Cook on day 3

26



Diced chicken



Romaine lettuce heart



Cherry tomatoes



Grated hard cheese



Medium-hot mustard



Mayonnaise



Wheat tortillas



Mainly waxy potatoes



Cream yogurt

# Let's get started

Wash the vegetables and herbs.

## Basics from your kitchen\*

Pepper\*, salt\*, olive oil\*

## Cooking utensils

Baking tray, baking paper and a large bowl

## Ingredients for 2 | 4 persons

	2P		4P	
Diced chicken	1 x	250 g	2 x	250 g
Romaine lettuce heart	1 x	170 g	2 x	170 g
Cherry tomatoes	1 x	125 g	1 x	250 g
Grated hard cheese <b>7</b> <b>8</b> )	1 x	20 g	1 x	40 g
Medium-hot mustard <b>9</b> )	1 x	10 ml	2 x	10 ml
Mayonnaise <b>8</b> <b>9</b> )	2 x	17 ml	4 x	17 ml
Wheat tortillas <b>15</b> )	2 x	61.5 g	4 x	62.5 g
Mainly waxy potatoes	1 x	400 g	1 x	800 g
Cream yoghurt <b>7</b> )	1 x	75 g	2 x	75 g

\*\*Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

## Average nutritional values per

(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 600 g)
Calories	551 kJ/ 132 kcal	3308 kJ/ 791 kcal
Fat	5.99 g	35.93 g
- incl. saturated fats	1.71 g	10.23 g
Carbohydrate	11.61 g	69.68 g
- incl. sugar	1.30 g	7.81 g
Protein	7.75 g	46.50 g
Salt	0.362 g	2.173 g

Please note that the nutritional information on the printed recipe may vary due to natural fluctuations and changes to products at short notice. Only the nutritional information on the product packaging is definitive.

**Allergens:** **7**) Milk (including lactose) **8**) Eggs **9**) Mustard **15**) Wheat

(Please see the additional information on allergens and possible traces of allergens on the packaging of the ingredients!)



## 1 Roast the potatoes

Preheat the oven to 220 °C top/bottom heat (200 °C fan oven).

Cut the potatoes into wedges about 1-2 cm thick.

Place the potato wedges on half of a baking tray lined with baking paper.

Mix the potatoes with 1 tbsp. [2 tbsp.] oil\*, salt\* and pepper\*, and bake for 30 min. in the oven.

Tip: For 4 persons, it's best to use 2 baking trays.



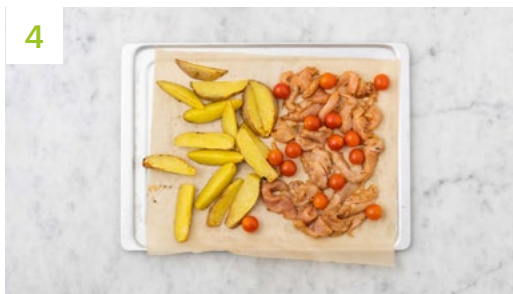
## 2 For the salad

Halve the lettuce hearts, remove the stalk, then slice the leaves crosswise into 1 cm strips.



## 3 Prepare the dip

Mix the mayonnaise, mustard and cream yoghurt together in a small bowl and season with salt\* and pepper\*.



## 4 Cook the chicken

After the potatoes have been baking for about 15 min., put the diced chicken and cherry tomatoes next to the potatoes on the baking tray and drizzle with 1 tbsp. [2 tbsp.] oil\*.

Season with salt\* and pepper\* and bake it all in the oven for another 14-15 min. until the meat is no longer pink inside.



## 5 Roll the wraps

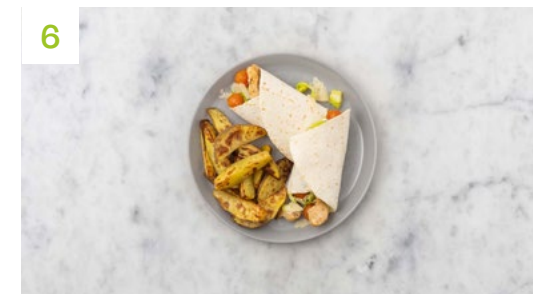
Heat up the tortillas for 1-2 min. in the still warm oven.

Put the tortillas on plates, spread a little dip on top, leaving at least 2 cm free around the edge.

Spread lettuce, cherry tomatoes, chicken and hard cheese on the lower third, then fold the sides of the tortillas inward on the left and right.

Now fold up the bottom over the filling and roll up tightly.

Tip: If there is too much to fit in the wrap, serve the remaining filling as a side dish



## 6 Serve

Cut the wraps in half if you like and serve them on plates with the potato wedges.

Serve with the remaining dip and enjoy.

## Bon appetit!

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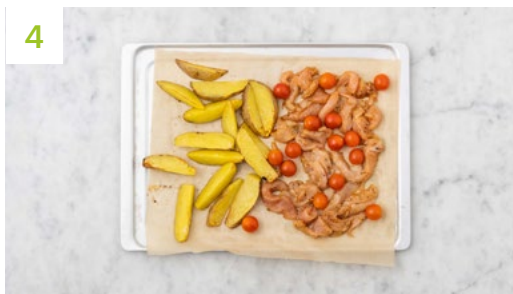
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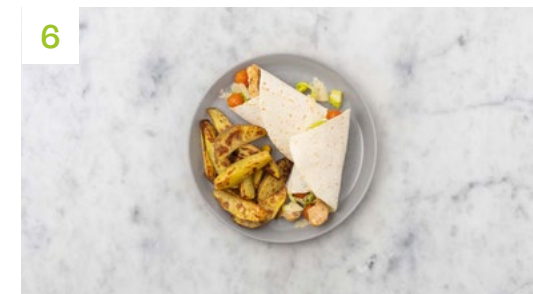
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