

RECIPE BAG  
**8036**

**L** 2 people: 25 min  
4 people: 30 min

# Zingy Thai Coconut Chicken Wraps



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our kitchen bangers

**Ingredients for 2 [Double for 4 people]:**



1 red chilli



1 lime



15g fresh root  
ginger



8ml soy sauce **A1**,  
**A6**



1/2 cucumber



25g roasted  
peanuts **A5**



5g coriander



1 carrot



15ml rice  
vinegar



40g solid creamed  
coconut



20g Thai red  
curry paste



2 x 125g British  
chicken breast  
fillets



6 plain tortillas  
**A1**

## Nutritional info (per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
713kcal	30g	16g	66g
Sugar	Fibre	Protein	Salt
9g	9g	47g	2g



1 of your 5-a-day



Dairy-free  
See our FAQs for details.

**Allergens:** **A1:** gluten, **A5:** peanut, **A6:** soya

**You need:** salt, sugar, vegetable oil

**Special equipment:** none

Remember to wash your fresh fruit, herbs and vegetables!  
See your delivery email for use-by dates and other details.





1

## Instructions for 2 [for 4]

Boil a kettle

Heat a large, wide-based pan (preferably non-stick), with a matching lid, with a drizzle of **vegetable oil** over a medium-high heat

Once hot, add the **chicken breasts** and cook for 3 min on each side or until golden



2

Meanwhile, chop the **creamed coconut** (if required)

Dissolve the **chopped creamed coconut** in 200ml [350ml] **boiled water** and add the **soy sauce** – this is your **coconut stock**

Peel (scrape the skin off with a teaspoon) and finely chop (or grate) the **ginger**



3

Preheat the oven to 200°C/180°C (fan)/ Gas 6

Tip: you'll only need the oven to warm your wraps – you can microwave them if you prefer!

Once the chicken is browned, add the **red curry paste** and **chopped ginger** and cook for 1–2 min or until fragrant

Once fragrant add the **coconut stock** with a pinch of **sugar** and cook, covered, for a further 10–15 min or until the chicken is cooked through (no pink meat) and the stock has thickened – this is your **Thai coconut sauce**



4

Meanwhile, peel and grate the **carrot[s]**

Slice the **cucumber** into disks

Slice each individual **cucumber disk** into matchsticks

Cut the **lime[s]** in half

Add the **grated carrot** and **cucumber matchsticks** to a large bowl



5

Add the juice of 1/2 [1] **lime**, the **rice vinegar** and a pinch of **salt** to the bowl and give everything a gentle mix up

Meanwhile, roughly chop the **coriander**, including the stalks Cut the **red chilli[es]** in half lengthways, deseed (scrape the seeds out with a teaspoon) and chop finely

Chop the **roasted peanuts** coarsely (or bash them in a bag)



6

Once the chicken is cooked, reduce the heat to low and transfer the **cooked chicken** to a clean board and shred it apart, using two forks

Squeeze the remaining **lime** into the **Thai coconut sauce**

Return the **pulled chicken** to the **Thai coconut sauce** and mix until the **chicken** is fully coated in sauce – this is your **Thai coconut chicken**



7

Add the **tortillas** to a baking tray

Put them in the oven for 2 min or until they're warmed through (alternatively, add them to a plate and microwave!)



8

Divide the **cucumber & carrot salad** between the **warmed tortillas**

Top with the **Thai coconut chicken**

Garnish with the **chopped chilli** (Can't handle the heat? Go easy!), **chopped roasted peanuts** and **chopped coriander** Enjoy!