



These cabbage wraps are delicious, crunchy, filling and delightfully colourful!

Cooking Time: 30 min | Gluten-Free
Cals 661 | Prot 67 | Carbs 63 | Fat 16

Tips For Fussy Eaters

Serve the individual components separately.

Pro Tip

The lower and slower you cook meat for, the easier it will become to pull!

Ingredients

For 2 For 3 For 4

Pulled Chicken

Chicken breast	400	600	800	Grams
Olive oil	1	2	2	Tbsp
Fresh chives	15	15	15	Grams
Sour cream	60	90	120	Grams
Chicken stock cube	0.5	0.5	1	Piece
Lemon	1	1	1	Piece
Black pepper	1	1	2	Tsp
Water	100	150	200	ML

Other

Salt	0.5	1	1	Tsp
Snow peas	100	100	150	Grams
Smoked paprika powder	2	2	4	Grams
Vegetable oil	1	1	2	Tbsp
Chickpeas	240	240	480	Grams
Red cabbage	600	600	600	Grams



1 Roast chickpeas

Preheat the oven to 220°C/200°C fan. Rinse and drain the **chickpeas**. Add the **chickpeas** to a lined baking tray with the **smoked paprika powder**, **oil** and a large pinch of **salt**. Mix well. Bake for 25 min or until crispy.



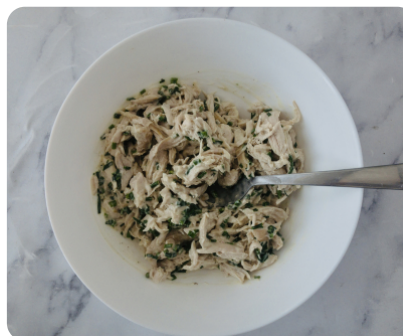
2 Cook chicken

Meanwhile, heat a non-stick pan with a lid over a high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry with pinch of **salt** for 2 min on each side until browned. Once browned, reduce the heat to low. Add the **measured water** and the **stock cube**, cover with a lid and cook for 10 min further. Once cooked, using two forks, pull the **chicken** until it's fully shredded.



3 Prep

Meanwhile, finely chop the **chives**. Slice the **snow peas** in half. Wash and separate the **cabbage** leaves. Discard the **cabbage** stem.



4 Mix

Transfer the pulled **chicken** to a bowl. Add the **chives**, **sour cream**, a squeeze of **lemon** and a pinch of **pepper**. Give everything a good mix up.



5 Serve

Assemble the wraps by filling the **cabbage** leaves with the pulled **chicken**, the roasted **chickpeas** and the **snow peas**. Serve immediately.



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-383-93-99