

# Recipe



## One-Pan Chicken Kale Caesar Wraps

Serves 4 | Total time: 20min

### Ingredients

- 1 lemon
- 8oz kale
- 2 tomatoes
- 20oz chopped chicken breast
- 2 Tbsp Italian seasoning
- 2 tsp dried oregano
- 3oz Caesar dressing
- 4 Tbsp mayonnaise
- 4 flour tortillas
- 6 Tbsp parmesan cheese
- 2 Tbsp olive oil
- 1 tsp cooking oil
- Salt
- Pepper

### Directions

1. Wash and dry produce. Quarter lemon. Remove and discard any large stems from kale; chop into bite-size pieces. Thinly slice tomato into rounds; season with salt and pepper.
2. Pat chicken dry with paper towels and season all over with half the Italian Seasoning (you'll use more in next step), salt, and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.
3. In a small bowl, whisk together Caesar dressing, mayonnaise, oregano, 1 Tbsp olive oil, ½ tsp Italian Seasoning, a squeeze of lemon juice, and a pinch of salt and pepper (2 Tbsp olive oil, 1 tsp Italian Seasoning, and a big squeeze of lemon juice for 4 servings). In a large bowl, massage kale using your hands (similar to how you would knead dough) until leaves are tender, 1 minute. TIP: Don't skip this step—massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.
4. To bowl with kale, add half the creamy Caesar dressing; toss to coat. Taste and season with salt and pepper if desired.
5. Wrap tortillas in damp paper towels and microwave until warm and pliable, 30 seconds.
6. Place tortillas on a clean work surface. Spread remaining creamy Caesar dressing across bottom third of each tortilla. Top with chicken, tomato, half the Parmesan, and as much kale salad as you like (be sure to reserve some salad for serving!). Fold up bottom side of each tortilla over filling, then fold over left and right sides toward filling. Roll up tortillas, starting with filled sides, to form wraps. Halve wraps on a diagonal; divide wraps and remaining kale salad between plates. Garnish salad with remaining Parmesan and serve.

Source: [www.hellofresh.com/recipes/one-pan-chicken-kale-caesar-wraps-653908c4b8cd6bf4c478f8a6](http://www.hellofresh.com/recipes/one-pan-chicken-kale-caesar-wraps-653908c4b8cd6bf4c478f8a6)

