

# Honey Mustard Chicken Wraps

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Tortillas
- Optional: 2 TBSP (4 TBSP)\* cornstarch
- Optional toppings and garnishes: tomatoes, lettuce, pickles, pickled jalapeños, shredded cheese, banana peppers

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)\* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
3. When pressure cooking is complete, use a natural release.
4. Swirl the chicken into the sauce until there are no big pieces of mustard covering any of the meat. Move meat to a cutting board and slice, cube, or shred. Cover and set aside.
5. If a smoother sauce is desired, use an immersion blender or tabletop blender to blend it until smooth. (The mustard seeds will not blend smooth but will add an amazing pop.)
6. Optional: For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
7. To serve, place chicken, a drizzle of sauce from the pot, and desired toppings onto a warmed tortilla.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

## Leftover Suggestions:

- Rice Bowls
- Lettuce Wraps
- Chicken Sandwiches

## Notes:

- Thickening the sauce will turn it into a drinkable, dunkable dip for your wraps.

## Nutrition Facts

4 servings per container  
Serving size  
1/2 cup (218g)

Calories per serving  
**250**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat 3g</b>	<b>4%</b>	<b>Total Carbohydrate 24g</b>	<b>9%</b>
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 18g	
<b>Cholesterol 95mg</b>	<b>32%</b>	Includes 17g Added Sugars	<b>34%</b>
<b>Sodium 940mg</b>	<b>41%</b>	<b>Protein 30g</b>	

Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 0.8mg 4% • Potassium 60mg 2%  
Vitamin A 0mcg 0% • Vitamin C 2mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: CHICKEN, HONEY, ONION, ORIGINAL STONE GROUND MUSTARD, MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), MUSTARD (DISTILLED VINEGAR, WATER, #1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER), GARLIC, SALT, SPICE