



Caribbean Style Wrap with Ben's Original™ 10 Medley
RECIPE

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<?xml version="1.0"?>

TIME

20

INGREDIENTS

10 items

MAKES

4 servings

This flavor-packed wrap created in partnership with Chef Shenarri Freeman is a fun and delicious way to enjoy Caribbean flavors while getting the whole grains and plant-diverse foods that will fuel your body to help you handle everything life brings you.

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INGREDIENTS

- 1 cup cooking oil
- 1 ripe yellow plantain, sliced diagonally

- 14 oz. can reduced sodium chickpeas, drained and rinsed, or 8 oz. boneless, skinless chicken thighs, cubed
- 1 Tbsp. dry curry seasoning
- ¼ tsp. salt
- ¾ cup lite coconut milk
- 4 medium flour tortillas
- 1 cup cabbage, shredded
- 1 pouch Ben's Original™ 10 Medley Caribbean Style, cooked in microwave according to pack instructions
- ¼ cup cilantro leaves, for garnish

INSTRUCTIONS

- 1
In medium frypan, heat 1 cup oil on medium heat. Fry plantains until golden brown and soft. Remove from pan, place on a paper towel to drain excess oil and set aside.
- 2
Pour oil from the pan and return to medium heat. Add chickpeas (or chicken) to the pan with salt and curry powder, sauté for 3 minutes.
- 3
Add coconut milk, bring to a simmer. Cook until sauce is thick (and chicken is cooked through if using).
- 4
Heat Ben's Original™ 10 Medley Caribbean Style according to pack instructions.
- 5
Assemble wrap with plantains, chickpeas (or chicken), cabbage and Ben's Original™ 10 Medley Caribbean Style. Garnish with cilantro.

NUTRITION

- CALORIES: 440
- TOTAL FAT: 15g - 19%
- SATURATED FAT: 2g - 10%
- TRANS FAT: 0g
- CHOLESTEROL: 0mg - 0%
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 71g - 26%
- DIETARY FIBER: 9g - 32%
- TOTAL SUGARS: 9g
- PROTEIN: 12g

Categories:

[Easy](#), [Family-friendly](#), [Healthy Options](#), [Vegetarian](#)

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Cooking time

20 min

Ingredients

7 items

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Cooking time

20 min

Ingredients

9 items

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Cooking time

17-20 mins

Ingredients

14 items

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