



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

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



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#### TIME

15 minutes

#### INGREDIENTS

10 items

#### MAKES

4 servings

This flavour-packed wrap is a fun and delicious way to enjoy Caribbean flavours while getting the whole grains and plant 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
- 1- 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 (240 grams) Ben's Original™ 10 Medley Caribbean Style, cooked in microwave according to pack instructions
- ¼ cup cilantro leaves, for garnish

## INSTRUCTION

1. 1  
In medium frypan, heat 1 cup of 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. 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. Add coconut milk, bring to a simmer. Cook until sauce is thick (and chicken is cooked through if using).
3. 3  
Heat Ben's Original™ 10 Medley Caribbean Style according to pack instructions.
4. 4  
Assemble wrap with plantains, chickpeas (or chicken), cabbage and Ben's Original™ 10 Medley Caribbean Style. Garnish with cilantro.

# NUTRITION

## DESCRIPTION AMOUNT PER SERVING

- Calories 440
- Carbohydrates (g) 71 g
- Dietary Fiber (g) 9 g
- Protein (g) 12 g
- Total Fat (g) 15 g
- Sodium (mg) 600 mg

*Optional ingredients not included in nutrition.*

## ALLERGIES

Coconut, wheat

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### [Chicken Fried Rice](#)

Cooking time

25 min

Ingredients

9 items

[SEE DETAILS](#)



### [Chili Con Carne](#)

Cooking time

40 min

Ingredients

13 items

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### [Korean Bibimbap](#)

Cooking time

40 min

Ingredients

17 items

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## **Pork and Shrimp Fried Rice**

Cooking time

40 min

Ingredients

9 items

[SEE DETAILS](#)

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