



MEXICAN STYLE CHICKEN

with Roasted Peppers and Homemade Refried Beans



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Red Pepper



Yellow Pepper



Echalion Shallot



Lime



Coriander



Green Chilli



Mixed Beans



Chicken Breast



Fajita Seasoning



Chicken Stock Pot



Water



Olive Oil

35 mins

3.5 of your 5 a day

Medium Heat

In this flavoursome Mexican recipe, you'll learn how to butterfly chicken. It's a great time-saving technique as it means the meat cooks more quickly. Anything that speeds up dinner's arrival on the table is a good thing, right? ¡Ándale, Ándale!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Colander**, **Baking Tray**, **Baking Paper**, **Mixing Bowl**, **Frying Pan** (with a **Lid**), **Measuring Jug** and **Potato Masher**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 220°C. Halve, then remove the cores from the **red** and **yellow peppers** and cut into roughly 1cm slices. Halve, peel and finely chop the **shallot**. Zest the **lime**. Roughly chop the **coriander** (stalks and all). Halve, deseed and finely chop the **green chilli**. Drain and rinse the **mixed beans** in a colander.



2 ROAST THE PEPPERS

Put the **peppers** on a lined baking tray. Drizzle over some **oil**, season with **salt** and **black pepper** and toss to coat. Spread out evenly, then roast on the top shelf of your oven until soft and slightly crispy round the edges, 15 mins.



3 GET BUTTERFLIES!

Place your hand flat on top of one of the **chicken breasts** and slice into it from the side so it opens like a book. You've now butterflied your **chicken**! When all are butterflied, transfer them to a mixing bowl. Add a drizzle of **oil**, a squeeze of **lime juice** and the **fajita seasoning**, use this to coat the **chicken**.

★ **TIP:** If you don't like it hot, go easy on the spice! Remember to wash your hands, knife and chopping board!



4 COOK THE CHICKEN

Put a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **chicken** and cook for 3-4 mins on each side. Transfer to the tray with the **peppers**. Roast for 5-6 mins. ★ **TIP:** The chicken is cooked when it is no longer pink in the middle. Don't wash the pan, we'll use it in the next step.



5 FRY THE BEANS

Add another splash of **oil** to your (now empty) frying pan and put it back on medium-high heat. Add three-quarters of the **shallot**. Cook for 2 mins. Add as much **chilli** as you dare, the **mixed beans**, **chicken stock pot** and **water** (amount specified in the ingredient list). Season with **salt** and **black pepper**. Pop on a lid and cook for 5 mins. Mash to a coarse paste with a potato masher (or the back of a fork).



6 FINISH AND SERVE

Put the remaining **shallot** in a small bowl. Add the **coriander**, **lime zest** and **olive oil** (amount specified in the ingredient list). Season with **salt** and **black pepper**. Divide the **beans** between plates, place the **chicken** on top and dress with some **shallot and coriander sauce**. Serve your **roasted peppers** on the side and squeeze over a little more **lime juice** for good measure. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Yellow Pepper, sliced	1
Echalion Shallot, chopped	1
Lime	½
Coriander, chopped	½ bunch
Green Chilli, chopped	½
Mixed Beans	1 tin
Chicken Breast, butterflied	2
Fajita Seasoning	1 tsp
Chicken Stock Pot	½
Water*	50ml
Olive Oil*	2 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	448	84
(kJ)	1882	351
Fat (g)	20	4
Sat. Fat (g)	3	1
Carbohydrate (g)	20	4
Sugars (g)	11	2
Protein (g)	46	9
Salt (g)	2.48	0.46

ALLERGENS

None

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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