

# Chicken, Bacon and Blackbean Fajita Tacos

with Sweetcorn and Cheese

**EXTRA RAPID** 10 Minutes • Little Heat • 2 of your 5 a day





Black Beans





**Mexican Spice** 



Pulled Chicken





**Bacon Lardons** 





Cosberg Lettuce

Sweetcorn



Cheddar Cheese



**BBQ Sauce** 



Small Soft Taco

# Before you start

Our fruit and veggies need a little wash before you use them!

## Basic cooking tools, you will need:

Sieve, Saucepan, Measuring Jug, Potato Masher, Frying Pan and Coarsae Grater.

# **Ingredients**

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	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Water for the Beans*	100ml	150ml	200ml
Mexican Spice	1 small sachet	1 large sachet	1 large sachet
Pulled Chicken**	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Sweetcorn	½ tin	1 tin	1 tin
Cosberg Lettuce**	1	2	2
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Small Soft Taco 13)	6	9	12

<sup>\*</sup>Not Included \*\* Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	3477 /831	632/151
Fat (g)	24	4
Sat. Fat (g)	11	2
Carbohydrate (g)	87	16
Sugars (g)	18	3
Protein (g)	58	11
Salt (g)	4.89	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

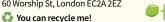
Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### Contact

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## 1. Cook the Chicken

- **a)** Drain and rinse the **black beans** in a sieve and pop in a saucepan with the **water** (see ingredients for amount) and **Mexican spice mix**.
- **b)** Use a masher to roughly mash the **black beans**, season with **salt** and **pepper**, then stir in the **pulled chicken**.
- c) Pop the pan on medium heat, bring to the boil and simmer until thickened, 5-6 mins.

#### 2. Cook the Corn

- a) Heat a drizzle of oil in another frying pan on high heat.
- **b)** Add the **bacon lardons** to the pan and leave to fry for 1-2 mins.
- c) Meanwhile, drain the **sweetcorn** in the same sieve that you used for the **black beans** and add to the **bacon** (see ingredients for how much **sweetcorn** to use).
- **d)** Stir fry the **bacon** and **sweetcorn** until both have browned, 4-5 mins. *IMPORTANT:* Cook the bacon lardons throughout.

#### 3. Finish and Serve

- **a)** Meanwhile, trim the root from the **cosberg lettuce**, halve lengthways, then thinly slice widthways.
- b) Grate the cheddar.
- c) Remove the chicken mixture from the heat and stir in the BBQ sauce.
- d) Taste and add salt and pepper if you feel it needs it.
- e) Serve the tacos with a spoonful of the **beany chicken**, the sliced **lettuce**, the **corn** and **bacon lardons** and a sprinkling of **cheese**.

# **Eniov!**

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



Packed in the UK