



Double Cheese Chicken Fajita Taco Bowl

with Potato Wedges and Avocado & Sweetcorn Salsa

N° 18

STREET FOOD 40 Minutes • Little Heat • 3.5 of your 5 a day



Potatoes



Red Onion



Red Pepper



Cheddar Cheese



Lime



Garlic Clove



Black Beans



Sweetcorn



Wholemeal Tortilla



Diced Chicken Thigh



Mexican Spice



Tomato Passata



Chicken Stock Powder



Avocado



Feta Cheese



Chilli Flakes

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Coarse Grater, Fine Grater, Cereal Bowl, Colander, Frying Pan and Mixing Bowl.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	2
Red Pepper**	1	1	2
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Lime**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Black Beans	1 carton	1½ cartons	2 cartons
Sweetcorn	1 small tin	¾ large tin	1 large tin
Wholemeal Tortilla 13)	4	6	8
Diced Chicken Thigh**	280g	420g	560g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Filling*	100ml	150ml	200ml
Avocado**	1	2	2
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Feta Cheese 7)**	1 block	1 blocks	2 blocks
Chilli Flakes	a pinch	a pinch	a pinch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1120g	100g
Energy (kJ/kcal)	5416/1295	483/116
Fat (g)	58	5
Sat. Fat (g)	21	2
Carbohydrate (g)	118	11
Sugars (g)	20	2
Protein (g)	68	6
Salt (g)	5.14	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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1. Cook Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Make your Filling

Meanwhile, heat a splash of **oil** in a large frying pan on a medium high heat. When hot, add the **chicken** and cook until browned all over, 4-5 mins. Add the **pepper** and **onion** and cook until tender and starting to colour, another 4-5 minutes. Add the **garlic** and **Mexican spice** and cook stirring frequently for 1 minute. Add the **passata**, **crushed beans**, **chicken stock** and **water** (see ingredients for amount). Simmer until reduced to a thick **sauce**, 3-5 minutes. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.** Once cooked, taste and season with **salt** and **pepper**.



2. Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **red pepper** and discard the core and seeds. Chop into 2cm sized chunks. Grate the **cheddar**. Zest the **lime** and cut into wedges. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a colander then pop in a bowl. Using the back of a fork lightly crush the **beans**. Drain and rinse the **sweetcorn**.



5. Make The Salsa

Whilst the filling cooks, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board and cut into 2cm chunks. Mix the **oil** (see ingredients for amount), zest and a squeeze of **lime juice**, season with **salt** and **pepper**. Add the **avocado** and **sweetcorn** to the **dressing** and stir to coat.



3. Make Your Taco Bowls

Place a cereal bowl upside down on your chopping board. Prick your **tortillas** all over with a fork. Shape one of your **tortillas** around the outside of the bowl (to make your taco bowl shape!). Use a sheet of foil to mould round the **tortilla** (and also take the shape of the bowl), press firmly down around the shape of the bowl folding up the excess foil around the outside of the bowl. Lift the foil wrapped **tortilla** off of the bowl and place right side up on a baking tray. Repeat for the other **tortillas** (2 per person). Bake in your oven until browned and crispy, 6-8 mins. Once cooked, remove from the oven and set aside.



6. Time To Serve

Place two **taco bowls** on each plate and fill with the **chicken fajita mix**. Sprinkle over the **grated cheddar** followed by the **avocado corn salsa**. Crumble the **feta** over, sprinkle the **chili flakes** (add less if you don't like too much heat) and a **lime wedge** to squeeze over. Serve the **wedges** on the side.

Enjoy!

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.