



Chicken Fajita Taco Bowl with Street Corn & Wedges

Street Food 40 Minutes • Little Spice • 3 of your 5 a day

N° 32



Potatoes



Red Onion



Bell Pepper



Cheddar Cheese



Lime



Garlic Clove



Black Beans



Sweetcorn



Wholewheat Tortilla



Diced Chicken Thigh



Mexican Spice



Tomato Passata



Chicken Stock Paste



Avocado



Feta Cheese



Chilli Flakes

Before you start

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

Cooking tools, you will need:

Baking Tray, Grater, Zester, Garlic Press, Colander, Bowl, Aluminum Foil, Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Bell Pepper***	1	1	2
Cheddar Cheese 7)**	30g	45g	60g
Lime**	1	1	2
Garlic Clove	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Sweetcorn**	150g	245g	326g
Wholewheat Tortilla 13)	4	6	8
Diced Chicken Thigh**	280g	420g	560g
Mexican Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Water*	100ml	150ml	200ml
Avocado**	1	2	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Feta Cheese 7)**	100g	150g	200g
Chilli Flakes	1 pinch	1 pinch	2 pinches

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	1056g	100g
Energy (kJ/kcal)	5202/1243	492/118
Fat (g)	56	5
Sat. Fat (g)	18	2
Carbohydrate (g)	125	12
Sugars (g)	18	2
Protein (g)	60	6
Salt (g)	3.92	0.37

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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Cook the 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. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



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. **IMPORTANT:** Wash your hands after handling chicken and its packaging. 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**.



Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **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 into a bowl. Using the back of a fork, lightly crush the **beans**. Drain and rinse the **sweetcorn**.



Salsa Time

Whilst the filling cooks, halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh in one piece, then 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.



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 around the **tortilla** (and also take the shape of the bowl) and 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.



Time To Serve

Place 2 **taco bowls** on each plate and fill with the **chicken fajita mix**. Sprinkle over the **grated Cheddar** and top with the **avocado corn salsa**. Then, crumble over the **feta** and finish with a sprinkle of **chilli flakes** (use less if you don't like too much heat). Serve with the **wedges** alongside and a **lime wedge** for squeezing over.

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.