



Chicken Fajita Taco Bowl and Wedges

with Avocado Corn Salsa and Soured Cream

Street Food 40 Minutes • Mild Spice • 2 of your 5 a day

34



Potatoes



Cheddar Cheese



Lime



Garlic Clove



Black Beans



Sweetcorn



Super Soft Tortilla
with Whole Wheat



Diced Chicken
Thigh



Mexican Style
Spice Mix



Tomato Puree



Chicken Stock
Paste



Avocado



Soured Cream



Chilli Flakes

Before you start

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

Cooking tools, you will need:

Bowl, Grater, Aluminum Foil, Garlic Press, Baking Tray, Frying Pan and Sieve.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
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
Super Soft Tortilla with Whole Wheat			
13)	2	3	4
Diced Chicken Thigh**	280g	420g	560g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Puree	2 sachets	3 sachets	4 sachets
Chicken Stock Paste	10g	15g	20g
Water*	150ml	225ml	300ml
Avocado	1	2	2
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Soured Cream** 7)	75g	120g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	812g	100g
Energy (kJ/kcal)	4448 / 1063	548 / 131
Fat (g)	51	6
Sat. Fat (g)	17	2
Carbohydrate (g)	98	12
Sugars (g)	15	2
Protein (g)	52	7
Salt (g)	2.83	0.35

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.

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1



Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

2



Get Prepped

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 sieve, then pop in a bowl and lightly crush with the back of a fork. Drain and rinse the **sweetcorn**.

3



Make your Taco Bowls

Place a cereal bowl upside down on a board. Prick the **tortillas** all over with a fork (1 per person). Cup one **tortilla** around the outside of the bowl, then mould a sheet of foil around the **tortilla**. Press down firmly, then fold up the excess foil around the bowl. Gently lift the **foil-wrapped tortilla** off the bowl and place upright on a baking tray. Repeat for the remaining **tortillas**. Bake in your oven until lightly golden brown and crisp, 6-8 mins. Remove from the oven and set aside.

4



Make the Filling

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **chicken** and cook until browned all over, 5-6 mins. Add the **garlic** and **Mexican style spice mix** then cook, stirring frequently, 1 min. Add the **tomato puree**, **crushed beans**, **chicken stock paste** and **water** (see ingredients for amount). Simmer until reduced to a thick sauce, 3-5 minutes. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle. Once cooked, taste and season with **salt** and **pepper**.

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. In a medium bowl, combine the **olive oil** (see ingredients for amount), **lime zest** and a squeeze of **juice**. Season with **salt** and **pepper**. Add the **avocado** and **sweetcorn** to the **dressing** and stir to coat.

6



Assemble and Serve

Place a **taco bowl** on each plate and fill with the **chicken**. Sprinkle over the **cheese**, followed by the **avocado corn salsa**. Dollop the **soured cream** on top and sprinkle over the **chili flakes** (use less if you don't like heat). Serve the **wedges** alongside with 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.