







More Than Food
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Chicken Fajitas with Pickled Chillies and Zesty Sour Cream

Fajitas are the ultimate crowd-pleaser, especially with ingredients as delicious as these. We're upping the ante with our Mexican spice and an unbeatable zesty lime and sour cream topping. Finished with tangy quick-pickled green chillies, this will be a fajita night to remember.



40 mins



spicy



healthy



1 of your
5 a day



Red Pepper (1)



Red Onion (1)



Green Chilli (1)



Lime (1)



Cheddar Cheese (30g)



Chicken Breast (2)



Mexican Spice
(½ tsp)



Sour Cream (1 pot)



Flour Tortilla (4)

2 PEOPLE INGREDIENTS

- Red Pepper, sliced
- Red Onion, sliced
- Green Chilli, sliced
- Lime
- Cheddar Cheese

1
1
1
1
30g

- Chicken Breast
- Mexican Spice
- Sour Cream
- Flour Tortilla

2
½ tbsp
1 pot
4

🌱 Our fruit and veggies may need a little wash before cooking!

Did you know...

The word 'tortilla' originates from the Spanish word *torta*, which means 'round cake'. When Spanish explorers discovered an unleavened flatbread made by the Aztecs, they called it *tortilla* (little *torta*).

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	576 kcal / 2423 kJ	26 g	13 g	51 g	8 g	43 g	2 g
Per 100g	139 kcal / 584 kJ	6 g	3 g	12 g	2 g	10 g	1 g

1



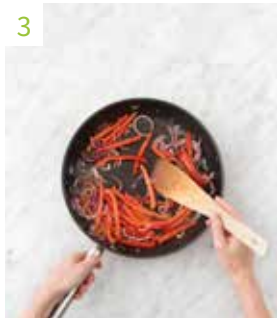
1 Remove the core from the **red pepper** then thinly slice. Cut the **red onion** in half through the root. Peel and thinly slice into half moon shapes. Thinly slice the **green chilli**. Zest and juice the **lime** and grate the **cheddar cheese**. Thinly slice each **chicken breast** into strips. **Tip:** *Thoroughly wash hands and surfaces after handling the green chilli. The heat is transferable and can burn more than just your throat!*

1



2 Now to quick-pickle your **chilli**. Place your **chilli** slices in a small bowl and toss with half the **lime juice**. Leave to the side for later.

3



3 Now to cook your **veggies**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add your **pepper** and **onion** and cook, tossing, for 7-8 mins, until soft and slightly caramelised. Season with a pinch of **salt** and a generous grind of **black pepper**. Transfer your **veggies** to a bowl and wipe out the pan with kitchen paper.

4 Put the frying pan back on medium-high heat and add a splash of **oil**. Add your **chicken** and cook for 5 mins, stirring occasionally to allow your **chicken** to brown. After 5 mins, add the **Mexican spice** and cook for another 5 mins or until your **chicken** is cooked through. **Tip:** *The chicken is cooked when it is no longer pink in the middle.* When your **chicken** is cooked, add your **veggies** back into the pan and cook for 1 minute or until warmed through.

4



5 Next make the **zesty sour cream**. In a small bowl, stir together the **sour cream**, **lime zest**, and a dash of **lime juice**. Season with **salt** and **pepper**.

6 Place your **chicken mixture** inside each **tortilla** and top with your **cheese**. Finish with a dollop of your **zesty sour cream** and **pickled chillies**, roll it up and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!