

Fajita Chicken



with Roasted Pepper, Homemade Refried Beans and Wedges

BALANCED 40 Minutes • Medium Spice • 1.5 of your 5 a day • Under 600 Calories











Echalion Shallot









Lime

Chicken Breast



Mexican Spice



Mixed Beans



Chicken Stock Powder

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Mixing Bowl, Frying Pan, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Pepper**	1	2	2
Echalion Shallot**	1	1	2
Lime**	1/2	3/4	1
Garlic**	2 cloves	3 cloves	4 cloves
Chicken Breast**	2	3	4
Mexican Spice	1 sachet	1½ sachets	2 sachets
Mixed Beans	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1⅓ sachets	2 sachets
Water for the Beans*	50ml	75ml	100ml
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
*Not Included ** Sto	ore in the Frid	dge	

Nutrition

	Per serving	Per 100g		
for uncooked ingredient	645g	100g		
Energy (kJ/kcal)	2374 /568	368 /88		
Fat (g)	13	2		
Sat. Fat (g)	2	1		
Carbohydrate (g)	58	9		
Sugars (g)	6	1		
Protein (g)	54	8		
Salt (g)	1.42	0.22		

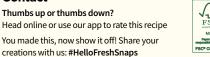
Nutrition for uncooked ingredients based on 2 person recipe.

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

Contact

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Packed in the UK



1. Prep the Veggies

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.



2. Roast the Peppers

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and finely chop the **shallot**. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Put the **pepper** on a lined baking tray. Drizzle over some oil, season with salt and pepper and toss to coat. Spread out evenly, then roast on the middle shelf of your oven until soft and slightly crispy round the edges, 15-17 mins.



3. Get Butterflying!

While everything cooks, lay your chicken breast on the chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other breast(s). Transfer them to a mixing bowl. Add a drizzle of oil, a squeeze of lime juice and half the Mexican spice mix. Season with salt and pepper, then use your hands to mix thoroughly. IMPORTANT: Remember to wash your hands after handling raw meat!



4. Cook the Chicken

Heat a splash of oil in a frying pan on mediumhigh heat. Once hot, add the **chicken** and cook for 3-4 mins on each side. Transfer to the tray with the **peppers**. Roast for 5-6 mins. **IMPORTANT**: The chicken is cooked when it is no longer pink in the middle. Don't wash the pan, we'll use it in the next step.



5. Fry the Beans

Meanwhile, drain and rinse the beans in a colander. Add another splash of oil to your now empty frying pan and put it back on medium-high heat. Add the **shallot** and cook for 2 mins. Add the **garlic** and remaining **Mexican spice** and cook for 1 min. Add the mixed beans, chicken stock powder and water (see ingredients for amount). Season with salt and pepper. Pop a lid on the pan and cook for 5 mins. When cooked, mash to break up the beans with a potato masher (or the back of a fork).



6. Finish and Serve

Mix the **lime zest** and **olive oil** (see ingredients for amount) with a squeeze of lime juice. Season with salt and pepper. Divide the beans between plates, with the **chicken** beside and the **peppers** on top. Add the wedges and dress with some of the lime sauce. Squeeze over a little more lime juice for good measure.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • High Protein Featured Ingredient: Red pepper is a source of vitamin C. Vitamin C acts as an antioxidant, contributing to the protection of cells from oxidative stress.

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.