



Fajita Chicken

with Roasted Pepper, Refried Beans and Wedges

Calorie Smart 40 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day



Potato



Lime



Tomatoes



Garlic Clove



Green Pepper



Tomato Puree



Chicken Breast



Mexican Spice



Kidney Beans



Chicken Stock Powder

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Garlic Press, Frying Pan, Tongs, Colander, Plate.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Lime**	½	¾	1
Olive Oil*	50ml	75ml	100ml
Tomatoes	1	2	2
Water for the Beans*	50ml	75ml	100ml
Garlic Clove	2	3	4
Green Pepper**	1	2	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chicken Breast**	2	3	4
Mexican Spice	1 pot	1½ pots	2 pots
Kidney Beans	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	681g	100g
Energy (kJ/kcal)	2402/574	353/84
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	59	9
Sugars (g)	8	1
Protein (g)	53	8
Salt (g)	1.79	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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. 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. Meanwhile, zest and halve the **lime**. Chop the **tomatoes** into 1cm chunks. Squeeze the **lime juice** into a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and add the **tomatoes**. Mix to combine and set aside.



4 Cook the Chicken

Heat a splash of **oil** in a frying pan on medium-high 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 again in the next step.



2 Roast the Peppers

Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Slice into thin strips. Put the **pepper** onto a 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.



5 Fry the Beans

Meanwhile, drain and rinse the **kidney beans** in a colander, pop **half** in a bowl and roughly **mash** with a fork. Add another splash of **oil** to your now empty frying pan and put it back on medium-high heat. Add the **garlic**, **tomato puree** and remaining **Mexican spice** and cook for 1 min. Add the **kidney beans** (both whole and crushed), **chicken stock powder** and **water** (see ingredients for amount). Season with **salt** and **pepper**. Bring to the boil and simmer until thickened, 4-5 mins, stir a couple of times.



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**. Season with **salt** and **pepper**, then use your hands to mix thoroughly. **IMPORTANT: Remember to wash your hands after handling raw meat.**



6 Finish and Serve

Divide the **beans** between plates, with the **chicken**, **wedges** and **peppers** alongside. Spoon your **tomato salsa** over the **chicken** and sprinkle over the **lime zest**.

Enjoy!