

Fajita Chicken with Roasted Pepper, Refried Beans and Wedges

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

















Green Pepper



Tomato Puree



Chicken Breast



Mexican Spice



Kidney Beans



Stock Powder

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Lime**	1/2	3/4	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	11/2 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.

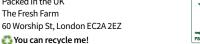
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Prep the Veggies

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.



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.



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.



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 again in the next step.



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.



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!