



Fajita Spiced Chicken

with Roasted Pepper, Refried Beans and Wedges

24

Calorie Smart 40-45 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Lime



Medium Tomato



Garlic Clove



Green Pepper



Chicken Breast



Mexican Style Spice Mix



Red Kidney Beans



Tomato Puree



Chicken Stock Paste

Pantry Item
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, baking paper, fine grater, bowl, garlic press, frying pan and sieve

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Lime**	½	¾	1
Medium Tomato	1	2	2
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Garlic Clove**	2	3	4
Green Pepper**	1	2	2
Chicken Breast**	2	3	4
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Red Kidney Beans	1 carton	2 cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	20g	20g
Water for the Beans*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	2424 /579	356 /85
Fat (g)	13	2
Sat. Fat (g)	3	1
Carbohydrate (g)	59	9
Sugars (g)	9	1
Protein (g)	52	8
Salt (g)	1.86	0.27

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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1 Prep the Veg

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



4 Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **butterflied chicken** flat in the pan and cook for 3-4 mins on each side. Transfer to the **pepper** baking tray and roast for 5-6 mins. Once cooked, transfer to a plate to rest for a couple of mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



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** on a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast on the middle shelf until soft and slightly charred, 15-18 mins.



5 Fry the Beans

Meanwhile, drain and rinse the **kidney beans** in a sieve, then pop half in a bowl and roughly mash with a fork. Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **garlic**, **tomato puree** and remaining **Mexican style spice mix** and cook for 1 min. Stir in the **kidney beans** (both whole and crushed), **chicken stock paste** and **water for the beans** (see ingredients for amount). Season with **salt** and **pepper**, then bring to the boil and simmer until thickened, 4-5 mins, stirring occasionally.



3 Butterfly the Chicken

While everything cooks, lay a **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there is 2cm left (be careful not to slice all the way through). Open it up like a book. Repeat with the remaining **chicken** - now it's butterflied! In a large bowl, add a drizzle of **oil**, a squeeze of **lime juice** and **half the Mexican style spice mix** (add less if you don't like heat), then add the **chicken** and season with **salt** and **pepper**. Mix together well. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



6 Finish and Serve

When everything is ready, transfer the **chicken** to your plates. Serve with a spoonful of **refried beans**, **roasted peppers** and **wedges** alongside. Top with the **tomato salsa** and sprinkle over the **lime zest** to finish. Cut any remaining **lime** into **wedges** for squeezing over.

Enjoy!

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