



HOISIN CHICKEN FAJITAS

with Crispy Wedges



HELLO HOISIN SAUCE

This sauce's name means 'seafood' but it contains none!



Potato



Red Pepper



Cucumber



Diced Chicken Breast



Hoisin Sauce



Whole Wheat Soft Tortillas

MEAL BAG

Hands on: **10** mins
Total: **35** mins

1.5 of your
5 a day

10 Family Box

We've put a special (speedy!) HelloFresh spin on the ultimate Chinese classic - hoisin duck. Instead of slow cooking a duck for hours on end, you just need a hot pan and 35 minutes! The trick to making our hoisin chicken extra delicious is to cook the chicken well spaced out in the pan so it can fry (not stew) and go a lovely brown colour on the outside.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray** and a **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel) and pop them on a baking tray. Drizzle with **oil** and a pinch of **salt**. Toss to coat, spread out and roast on the top shelf of your oven until golden and cooked through, 25-30 mins. Turn halfway through cooking.



2 PREP TIME

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **cucumber**, halve lengthways and then chop into thin batons about the length of your little finger.



3 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **chicken** (in batches if your pan is small, you want the **chicken** to fry not stew!). Fry until nicely browned, stirring occasionally, 5-6 mins.



4 COOK THE PEPPERS

Once the **chicken** has browned, add in the **pepper**, stir together and cook until softened, stirring occasionally, 5 mins. Add the **hoisin sauce**, stir and cook for 1 minute more. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5 WARM THE TORTILLAS

Two mins before the **wedges** are cooked, pop the **tortillas** on another baking tray. Warm them through on the middle shelf of your oven, then remove both the **wedges** and **tortillas** from your oven.



6 SERVE

Pop the **cucumber, chicken and pepper mix** and **wedges** into separate bowls and bring them to the table with the **tortillas** so that everyone can serve themselves and have their **fajitas** the way they want. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Pepper *	1	1½	2
Cucumber *	½	¾	1
Diced Chicken Breast *	280g	420g	560g
Hoisin Sauce (11) (13)	2 sachets	3 sachets	4 sachets
Whole Wheat Soft Tortillas (13)	4	6	8

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 642G	PER 100G
Energy (kJ/kcal)	2933 / 701	457 / 109
Fat (g)	9	1
Sat. Fat (g)	3	1
Carbohydrate (g)	107	17
Sugars (g)	25	4
Protein (g)	47	7
Salt (g)	3.03	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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