



TURKEY STEAK FAJITA BOWL

with Roasted Yellow Pepper and Avo



HELLO YELLOW PEPPER

Peppers are known as capsicum in some parts of the world.



Yellow Pepper



Garlic Clove



Black Beans



Avocado



Mexican Spice



Turkey Steak



Tomato Purée



Chicken Stock Powder



Carrot

MEAL BAG

30 mins

2.5 of your 5 a day

Little heat

Super easy to make and ready in 30 minutes flat, for our turkey steak fajita simply prepare sizzling fajita ingredients and mix them for a delicious bowl full of spicy and tangy Mexican flavour. Our chefs have opted for turkey steak as it's a versatile meat well suited for strong, intense flavour. Carrots and yellow pepper are roasted to deepen their sweet flavour and give a soft, velvety texture. Combine with black beans and creamy smashed avocado for a dish full of fresh ingredients and bright flavour.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Baking Tray**, **Mixing Bowl**, **Large Saucepan**, **Measuring Jug**, **Frying Pan** and some **Foil**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C. Halve the **yellow pepper**, remove the seeds and thinly slice. Trim the **carrot** (no need to peel), quarter lengthways and chop into batons about the length of your index finger. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a colander. Pop the **pepper slices** and **carrot pieces** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat and set aside.



2 MASH THE AVOCADO

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides into a small bowl. Add a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Mash the **avocado** with a fork and leave to the side.



3 PREP THE TURKEY

Roast the **pepper** and **carrot pieces** on the top shelf of your oven until charred and soft, 15-20 mins. Once cooked, remove from the oven and set aside. Meanwhile, put **half the Mexican spice** into a mixing bowl and add a glug of **oil** and a pinch of **salt** and **pepper**. Stir together, then add the **turkey steaks** to the bowl and coat both sides in the **spiced oil**. Set aside. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



4 BEAN TIME!

Put **half the black beans** in a bowl and mash with a fork or masher until broken up. Heat a drizzle of **oil** in a large saucepan on medium-high heat. Add the **garlic**, **tomato purée** and the remaining **Mexican spice**. Stir-fry for 30 seconds. Add the **water** (see ingredients for amount), **stock powder** and **black beans** (whole and crushed). Bring to the boil, reduce the heat to medium, then simmer until the **sauce** has thickened, 10 mins.



5 FRY THE TURKEY

Meanwhile, heat a frying pan on high heat. Once the pan is nice and hot, lay in the **turkey** and fry until golden brown, 2-3 mins each side. Turn the heat to medium and fry for a further 5 mins until the **turkey** is cooked though, turn every 1-2 mins. **IMPORTANT:** The turkey is cooked when it is no longer pink in the middle. Once cooked, remove the **turkey** to a board and leave to rest for a couple of mins. Loosely cover with foil.



6 SLICE AND SERVE

Taste the **beans** and add **salt** and **pepper** if you feel they need it, and a splash of **water** if they're a bit thick (and warm them up if you need to). Spoon the **beans** into the bottom of each bowl. Thinly slice the **turkey** and lay on top of one side of the **beans**. Place the **pepper** and **carrot pieces** on the other side and spoon the **crushed avocado** on top of the **turkey**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Yellow Pepper *	1	1½	2
Carrot *	1	1½	2
Garlic Clove *	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Avocado *	1	1½	2
Mexican Spice	1 small pot	¾ large pot	1 large pot
Turkey Steak *	2	3	4
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kJ/kcal)	2155 / 515	459 / 110
Fat (g)	20	4
Sat. Fat (g)	5	1
Carbohydrate (g)	25	5
Sugars (g)	11	2
Protein (g)	53	11
Salt (g)	1.94	0.41

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.

THUMBS UP OR THUMBS DOWN?

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