



VEGGIE FAJITAS

with Zesty Yoghurt, Carrot and Red Pepper



HELLO RED PEPPER

Red bell peppers are simply ripened green peppers!



Red Onion



Mixed Beans



Red Pepper



Mexican Spice



Carrot



Baby Gem Lettuce



Lime



Mature Cheddar Cheese



Natural Yoghurt



Whole Wheat Soft Tortillas

MEAL BAG

25 mins

Veggie

2 of your 5 a day

Medium heat

Packed with veg and on the table in 25 minutes, our vegetarian fajitas are a brilliant recipe for busy evenings. To save time, we've seasoned the beans, onions and peppers in our special Mexican spice blend and roasted them together until soft. Served with warm tortilla wraps, a fresh crunchy salad, zesty lime yoghurt and grated cheese, the best way to enjoy these delicious fajitas is to plate everything up in the middle of your table and get everyone to build their own.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, some **Baking Paper**, two **Large Baking Trays**, a **Coarse Grater** and **Fine Grater**. Now, let's get cooking!



1 GET PREPPING

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Drain and rinse the **mixed beans** in a sieve. Halve the **red pepper**, remove the core and seeds and thinly slice.



2 ROASTING TIME

Pop the **onion, beans, pepper** and **Mexican spice** on a large lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together to combine. Roast on the middle shelf of your oven until soft and coloured, 15 mins.



3 MAKE THE SALAD

Meanwhile, trim the top and bottom from the **carrot** (no need to peel) and grate on a coarse grater. Pop into a large bowl. Trim the root from the **baby gem lettuce** and halve lengthways. Thinly slice widthways. Add to the bowl with the **carrot**. Zest the **lime**, then chop into wedges. Grate the **cheddar cheese**.



4 FINISH THE FILLINGS

In a small bowl, combine the **yoghurt, lime zest** and a pinch of **salt** and **pepper**. Set aside. Pop the **grated cheese** in another bowl and set aside. Add a squeeze of **lime juice** to the bowl with the **lettuce** and **carrot**, along with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss together. Add more **lime juice** to taste.



5 WARM THE TORTILLAS

Two mins before the **onion, beans** and **pepper** are cooked, pop the **tortillas** on another baking tray and warm on the top shelf of your oven for 2 mins. Transfer the **roasted veggies** and **beans** to a bowl and get ready to serve.



6 FAJITA TIME!

Time to serve family style - put all the components on the table and let everyone build their own **fajitas**. Pile up the **salad, roasted pepper, onion** and **beans, lime yoghurt, cheese** and a couple of extra **lime wedges** for squeezing over. **Roll and Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Red Onion *	1	1½	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Red Pepper *	1	2	2
Mexican Spice	1 small pot	¾ large pot	1 large pot
Carrot *	1	1	2
Baby Gem Lettuce *	1	1½	2
Lime *	1	1½	2
Mature Cheddar Cheese 7) *	2 block	3 blocks	4 blocks
Natural Yoghurt 7) *	150g	225g	300g
Whole Wheat Soft Tortillas 13)	4	6	8

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 578G	PER 100G
Energy (kJ/kcal)	2416 / 578	418 / 100
Fat (g)	17	3
Sat. Fat (g)	8	1
Carbohydrate (g)	68	12
Sugars (g)	19	3
Protein (g)	30	5
Salt (g)	2.91	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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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