



Chicken, Bacon and Blackbean Fajita Tacos

with Sweetcorn and Cheese

N° 12

EXTRA RAPID 10 Minutes • Little Heat • 2 of your 5 a day



Black Beans



Mexican Spice



Pulled Chicken



Bacon Lardons



Sweetcorn



Cosberg Lettuce



Cheddar Cheese



BBQ Sauce



Small Soft Taco

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Sieve, Saucepan, Measuring Jug, Potato Masher, Frying Pan and Coarsae Grater.

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Water for the Beans*	100ml	150ml	200ml
Mexican Spice	1 small sachet	1 large sachet	1 large sachet
Pulled Chicken**	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Sweetcorn	½ tin	1 tin	1 tin
Cosberg Lettuce**	1	2	2
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Small Soft Taco 13)	6	9	12

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	3477 /831	632 /151
Fat (g)	24	4
Sat. Fat (g)	11	2
Carbohydrate (g)	87	16
Sugars (g)	18	3
Protein (g)	58	11
Salt (g)	4.89	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

Contact

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Packed in the UK



1. Cook the Chicken

a) Drain and rinse the **black beans** in a sieve and pop in a saucepan with the **water** (see ingredients for amount) and **Mexican spice mix**.

b) Use a masher to roughly mash the **black beans**, season with **salt** and **pepper**, then stir in the **pulled chicken**.

c) Pop the pan on medium heat, bring to the boil and simmer until thickened, 5-6 mins.

2. Cook the Corn

a) Heat a drizzle of **oil** in another frying pan on high heat.

b) Add the **bacon lardons** to the pan and leave to fry for 1-2 mins.

c) Meanwhile, drain the **sweetcorn** in the same sieve that you used for the **black beans** and add to the **bacon** (see ingredients for how much **sweetcorn** to use).

d) Stir fry the **bacon** and **sweetcorn** until both have browned, 4-5 mins. **IMPORTANT:** Cook the **bacon lardons** throughout.

3. Finish and Serve

a) Meanwhile, trim the root from the **cosberg lettuce**, halve lengthways, then thinly slice widthways.

b) Grate the **cheddar**.

c) Remove the **chicken mixture** from the heat and stir in the **BBQ sauce**.

d) Taste and add **salt** and **pepper** if you feel it needs it.

e) Serve the tacos with a spoonful of the **beany chicken**, the sliced **lettuce**, the **corn** and **bacon lardons** and a sprinkling of **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.