



# Chicken Fajita Taco Bowl

with Street Corn, Feta & Potato Wedges

Street Food 40 Minutes • Little Spice • 3.5 of your 5 a day

32



Potato



Red Onion



Bell Pepper



Cheddar Cheese



Lime



Garlic Clove



Black Beans



Sweetcorn



Wholemeal Tortilla



Diced Chicken Thigh



Mexican Spice



Tomato Passata



Chicken Stock Powder



Avocado



Feta Cheese



Chilli Flakes

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Colander, Bowl, Tin Foil, Frying Pan and Mixing Bowl.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Red Onion**	1	1	2
Bell Pepper***	1	1	2
Cheddar Cheese 7)**	30g	45g	60g
Lime**	1	1	2
Garlic Clove**	1 clove	2 clove	2 clove
Black Beans	1 carton	1 ½ cartons	2 cartons
Sweetcorn	1 small tin	¾ large tin	1 large tin
Wholemeal Tortilla 13)	4	6	8
Diced Chicken Thigh**	280g	420g	560g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1 ½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1 ½ sachets	2 sachets
Water*	100ml	150ml	200ml
Avocado**	1	2	2
Olive Oil for the Salsa*	1 tbsp	1 ½ tbsp	2 tbsp
Feta Cheese 7) **	100g	150g	200g
Chilli Flakes	1 pinch	1 pinch	1 pinch

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	1079g	100g
Energy (kJ/kcal)	5447 /1302	505 /121
Fat (g)	59	5
Sat. Fat (g)	21	2
Carbohydrate (g)	126	12
Sugars (g)	20	2
Protein (g)	65	6
Salt (g)	5.22	0.48

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, Soy, Gluten & Sulphites.

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## Cook Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## Make Your Filling

Meanwhile, heat a splash of **oil** in a large frying pan on a medium-high heat. When hot, add the **chicken** and cook until browned all over, 4-5 mins. Add the **pepper** and **onion** and cook until tender and starting to colour, another 4-5 minutes. Add the **garlic** and **Mexican spice** and cook stirring frequently for 1 minute. Add the **passata**, **crushed beans**, **chicken stock** and **water** (see ingredients for amount). Simmer until reduced to a thick sauce, 3-5 minutes **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.** Once cooked, taste and season with **salt** and **pepper**.



## Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **red pepper** and discard the core and seeds. Chop into 2cm sized chunks. Grate the **Cheddar**. Zest the **lime** and cut into wedges. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a colander then pop in a bowl. Using the back of a fork lightly crush the **beans**. Drain and rinse the **sweetcorn**.



## Make the Salsa

Whilst the filling cooks, 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 flesh onto a board and cut into 2cm chunks. Mix the **oil** (see ingredients for amount), **zest** and a squeeze of **lime juice**, season with **salt** and **pepper**. Add the **avocado** and **sweetcorn** to the **dressing** and stir to coat.



## Make Your Taco Bowls

Place a cereal bowl upside down on your chopping board. Prick your **tortillas** all over with a fork. Shape one of your **tortillas** around the outside of the bowl (to make your taco bowl shape!). Use a sheet of foil to mould round the **tortilla** (and also take the shape of the bowl), press firmly down around the shape of the bowl folding up the excess foil around the outside of the bowl. Lift the foil wrapped **tortilla** off of the bowl and place right side up on a baking tray. Repeat for the other **tortillas** (2 per person). Bake in your oven until browned and crispy, 6-8 mins. Once cooked, remove from the oven and set aside.



## Time to Serve

Place 2 **taco bowls** on each plate and fill with the **chicken fajita mix**. Sprinkle over the **grated Cheddar** followed by the **avocado corn salsa**. Crumble the **feta** over, sprinkle the **chilli flakes** (add less if you don't like too much heat) and a **lime wedge** to squeeze over. Serve the remaining **wedges** on the side.

Enjoy!