



Peri Peri Chicken and Charred Pepper Tacos

with Cheese and Sweet Chilli Mayo

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

16



Bell Pepper



Diced Chicken Thigh



Garlic Clove



Peri Peri Seasoning



Baby Gem Lettuce



Mature Cheddar Cheese



Sweet Chilli Sauce



Plain Taco Tortillas



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, frying pan, garlic press, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper**	1	2	2
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	1	2	2
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	1½	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Sweet Chilli Sauce	32g	48g	64g
Plain Taco Tortillas 13)	6	9	12
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp

*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

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	399g	100g	399g	100g
Energy (kJ/kcal)	3171 / 758	795 / 190	2910 / 695	174 / 100
Fat (g)	36.2	9.1	26.1	7.29
Sat. Fat (g)	9.7	2.4	6.7	6.5
Carbohydrate (g)	67.6	16.9	67.4	1.7
Sugars (g)	14.0	3.5	14.0	16.9
Protein (g)	41.7	10.5	44.6	3.5
Salt (g)	2.15	0.54	2.08	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Char the Pepper

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **bell pepper** and discard the core and seeds. Cut lengthways into thin strips.
- Put the **pepper strips** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper**.
- When the oven is hot, bake on the top shelf until soft and slightly charred, 14-16 mins.



Taco Topping Time

- While the **chicken** cooks, trim the **baby gem**, halve lengthways, then thinly slice.
- Grate the **Cheddar cheese**.
- In a small bowl, mix together the **mayo** (see pantry for amount) and **sweet chilli sauce**.



Fry the Chicken

- While the **pepper** chars, heat a drizzle of **oil** in a medium frying pan on medium-high heat.
- Once hot, add the **diced chicken**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Stir-fry until the **chicken** is golden brown and cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Warm the Tortillas

- A couple of mins before you're ready to serve, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Build the Flavour

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Add the **garlic** and **peri peri seasoning** to the **chicken**. Fry for 1 min.



Finish and Serve

- When everything's ready, lay the **tortillas** onto your serving plates (3 per person).
- To make your **tacos**, spread the **base** of each with **sweet chilli mayo**, top with the **baby gem**, **charred pepper** and **peri peri chicken**.
- Finish with your **grated cheese**. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!