



Chicken and Pepper Fajita Bowl

with Basmati Rice, Tomato Salsa and Soured Cream

12

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day



Basmati Rice



Bell Pepper



Garlic Clove



Diced Chicken Breast



Mexican Style Spice Mix



Tomato Puree



Chicken Stock Paste



Medium Tomato



Soured Cream

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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

Kettle, saucepan, sieve, lid, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Diced Chicken Breast**	260g	390g	520g
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Medium Tomato	1	2	2
Soured Cream** 7)	75g	120g	150g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2396 /573	510 /122
Fat (g)	11.2	2.4
Sat. Fat (g)	5.2	1.1
Carbohydrate (g)	74.8	15.9
Sugars (g)	11.3	2.4
Protein (g)	41.4	8.8
Salt (g)	1.85	0.39

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

Allergens

7) Milk

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Simmer and Stir

- Bring the **chicken** to the boil, then lower the heat.
- Simmer, stirring occasionally, until the **sauce** has thickened and the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Fry your Chicken and Veg

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **diced chicken** and **sliced pepper**. Season with **salt** and **pepper**.
- Stir-fry until the **chicken** is browned all over and the **pepper** is softened, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Time to Salsa

- Meanwhile, cut the **tomato** into 1cm chunks.
- Pop the **tomato chunks** into a medium bowl with a drizzle of **olive oil**. Season with **salt** and **pepper**, then set aside.



Add the Fajita Flavour

- Add the **garlic**, **Mexican style spice mix** (add less if you'd prefer things milder) and **tomato puree** to the **chicken**. Stir-fry for 30 secs.
- Stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.



Finish and Serve

- When everything's ready, fluff the **rice** up with a fork.
- Taste the **chicken fajita mix**, season with more **salt** and **pepper** if needed, then spoon it over the **rice**.
- Top with the **tomato salsa** and a big dollop of **soured cream**.

Enjoy!