



# Fajita Chicken Loaded Wedges

with Cheese and Greek Yoghurt

Calorie Smart 30-40 Minutes • Medium Spice • Under 650 Calories

24



Potatoes



Bell Pepper



Garlic Clove



Mature Cheddar  
Cheese



Diced Chicken  
Thigh



Chipotle Paste



Greek Style  
Natural Yoghurt



Diced Chicken  
Breast

#### Pantry Items

Oil, Salt, Pepper

#### 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, garlic press, grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Diced Chicken Thigh**	260g	390g	520g
Chipotle Paste	20g	30g	40g
Greek Style Natural Yoghurt** 7)	50g	75g	100g
Diced Chicken Breast**	1 pack	1 pack	1 pack

\*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	600g	100g	600g	100g
Energy (kJ/kcal)	2686 /642	448 /107	2425 /580	404 /97
Fat (g)	21.6	3.6	11.5	1.9
Sat. Fat (g)	8.8	1.5	5.8	1.0
Carbohydrate (g)	77.0	12.8	76.7	12.8
Sugars (g)	8.7	1.5	8.7	1.5
Protein (g)	41.7	7.0	44.6	7.4
Salt (g)	0.88	0.15	0.82	0.14

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, cereals containing 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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## Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



## Add the Veg and Spice

Once the **chicken** is cooked, add the **sliced pepper** to the pan and stir-fry until just soft, 4-5 mins.

Reduce the heat to medium, then add the **garlic** and **chipotle paste** (add less if you'd prefer things milder). Cook until fragrant, 1 min.



## Get Prepped

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).

Grate the **Cheddar cheese**.



## Finishing Touches

Taste the **fajita mix** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's little too dry.



## Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's 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.



## Load and Serve

When everything's ready, share the **wedges** between your plates and top with the **chicken fajita mix**.

Sprinkle over the **cheese**. Finish with a dollop of **yoghurt - wedges** loaded!

## Enjoy!