



# Chicken and Pepper Fajita Bowl

with Basmati Rice, Tomato Salsa and Soured Cream

12

Stacey Solomon 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



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Sugar

*Stacey* ♥

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

### Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

## 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**	1 pack	1 pack	1 pack
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
Diced Chorizo**	90g	120g	180g

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, green, 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	470g	100g	515g	100g
Energy (kJ/kcal)	2396 / 573	510 / 122	3225 / 771	627 / 150
Fat (g)	11.2	2.4	27.5	5.3
Sat. Fat (g)	5.2	1.1	11.3	2.2
Carbohydrate (g)	74.8	15.9	76.2	14.8
Sugars (g)	11.3	2.4	11.5	2.2
Protein (g)	41.4	8.8	52.7	10.2
Salt (g)	1.85	0.39	4.43	0.86

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. Be careful when adding water to hot pans while cooking.

## 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 **fajita mixture** to the boil, then lower the heat.
- Simmer, stirring occasionally, until the **sauce** has thickened and the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

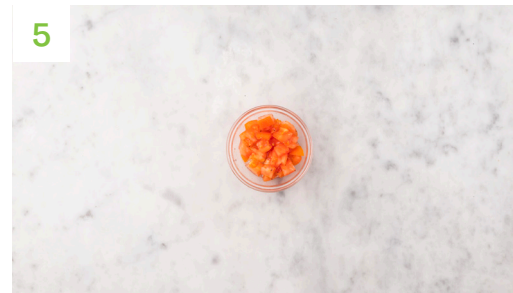


## Fry your Chicken and Veg

- 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**.

## CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **diced chicken** and **pepper**, then continue as instructed. The **chorizo** will cook through with the **chicken** and **veg**.



## 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**.



## Add the Fajita Flavour

- 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.*
- Add the **garlic**, **Mexican style spice mix** 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).



## 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 over the **rice**.
- Top with the **tomato salsa** and a big dollop of **soured cream**.

Enjoy!