



Peri Peri Chicken and Charred Pepper Tacos

with Cheese and Sweet Chilli Mayo

15

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



Bell Pepper



Diced British Chicken Thigh



Garlic Clove



Peri Peri Seasoning



Iceberg Lettuce



Mature Cheddar Cheese



Sweet Chilli Sauce



Plain Taco Tortillas



King Prawns

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Make it Pescatarian

If you chose to make this recipe pescatarian, 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 British Chicken Thigh**	240g	390g	520g
Garlic Clove**	2	3	4
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Iceberg Lettuce**	½	¾	1
Mature Cheddar Cheese**	30g	40g	60g
Sweet Chilli Sauce	32g	48g	64g
Plain Taco Tortillas 13)	6	9	12
King Prawns* 5)	225g	300g	450g

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, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	402g	100g	384g	100g
Energy (kJ/kcal)	3165 / 756	788 / 188	2506 / 599	653 / 156
Fat (g)	36.0	9.0	24.1	6.3
Sat. Fat (g)	9.7	2.4	6.3	1.6
Carbohydrate (g)	67.6	16.8	67.2	17.5
Sugars (g)	14.6	3.6	14.5	3.8
Protein (g)	41.9	10.4	26.7	6.9
Salt (g)	2.14	0.53	3.40	0.89

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

Allergens

5) Crustaceans **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, mollusc, 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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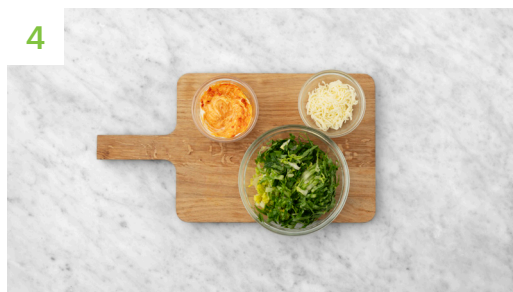
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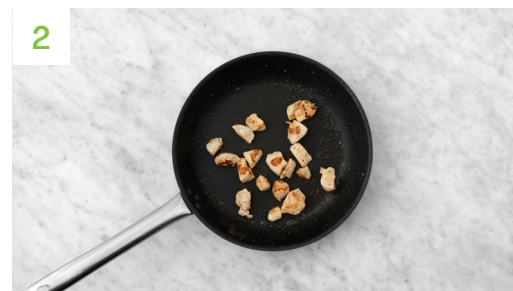
Char the Pepper

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Put the **sliced pepper** 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.



Finish the Prep

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



Fry the Chicken

- While the **pepper** cooks, heat a drizzle of **oil** in a medium frying pan on medium-high heat.
- Once hot, add the **diced chicken**.
- Stir-fry until the **chicken** is golden brown 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.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then add them to the pan. Simmer, 5-6 mins instead, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



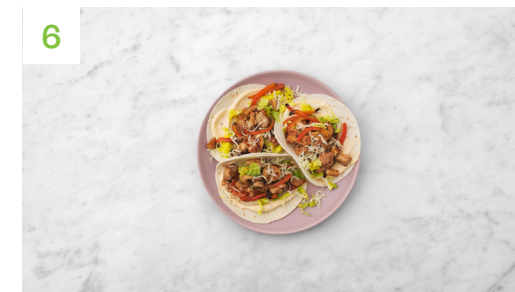
Warm the Tortillas

- 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 **lettuce**, **charred pepper** and **peri peri chicken**.
- Finish with your **grated cheese**.

Enjoy!