



Chicken and Black Bean Fajitas

with Green Pepper, Cheese and Wedges

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

5



Potatoes



Green Pepper



Mature Cheddar
Cheese



Black Beans



Diced Chicken
Breast



Mexican Style
Spice Mix



Plain Taco Tortilla

Pantry Items
Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, grater, sieve, bowl, potato masher and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Green Pepper**	1	2	2
Mature Cheddar Cheese** 7)	30g	60g	60g
Black Beans	1 carton	1½ cartons	2 cartons
Diced Chicken Breast**	280g	420g	560g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Plain Taco Tortilla 13)	6	9	12
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	698g	100g
Energy (kJ/kcal)	3736 /893	536 /128
Fat (g)	26.5	3.8
Sat. Fat (g)	8.4	1.2
Carbohydrate (g)	108.1	15.5
Sugars (g)	5.2	0.8
Protein (g)	54.0	7.8
Salt (g)	1.83	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

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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Roast the Wedges

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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, 25-35 mins. Turn halfway through.



Finish the Fajita Filling

Stir the **Mexican style spice mix** into the pan and cook for 1 min more.

Add the **black beans** (whole and crushed) with a splash of **water** and cook, stirring, until everything is piping hot, 1-2 mins.



Get Prepped

Meanwhile, halve the **pepper** and discard the core and **seeds**. Chop into 2cm chunks.

Grate the **cheese**.

Drain and rinse the **black beans** in a sieve. Pop half the **beans** into a small bowl and roughly mash with the back of a fork or potato masher. Set aside.



Tortilla Time

When the **wedges** are nearly done, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Fry the Chicken

When the **wedges** have 15 mins of cooking time remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. Fry until golden all over, 4-5 mins.

Add the **chopped pepper** and continue to cook until the **pepper** has softened and the **chicken** is cooked through, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Assemble and Serve

When everything is ready, divide the **tortillas** between your plates (3 per person).

Spread a spoonful of **mayo** over each (see ingredients for amount), then top with the **fajita chicken filling**.

Sprinkle over the **cheese** to finish and serve with the **wedges** alongside.

Enjoy!