



Fajita Chicken

with Roasted Pepper, Home-made Refried Beans and Wedges

N° 7

BALANCED 40 Minutes • Under 600 Calories • Medium Heat • 1.5 of your 5 a day



Potato



Yellow Pepper



Echalion Shallot



Lime



Garlic Clove



Chicken Breast



Mexican Spice



Mixed Beans



Chicken Stock Powder

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Frying Pan, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small pack
Yellow Pepper**	1	2	2
Echalion Shallot**	1	1	2
Lime**	½	¾	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chicken Breast**	2	3	4
Mexican Spice	1 sachet	1½ sachets	2 sachets
Mixed Beans	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Beans*	50ml	75ml	100ml
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2381 / 569	369 / 88
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	58	9
Sugars (g)	7	1
Protein (g)	54	8
Salt (g)	1.42	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Prep the Veggies

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Cook the Chicken

Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **chicken** and cook for 3-4 mins on each side. Transfer to the tray with the **peppers**. Roast for 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Don't wash the pan, we'll use it in the next step.



2. Roast the Peppers

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and finely chop the **shallot**. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Put the **pepper** on a lined baking tray. Drizzle over some **oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast on the middle shelf of your oven until soft and slightly crispy round the edges, 15-17 mins.



5. Fry the Beans

Meanwhile, drain and rinse the **beans** in a colander. Add another splash of **oil** to your now empty frying pan and put it back on medium-high heat. Add the **shallot** and cook for 2 mins. Add the **garlic** and remaining **Mexican spice** and cook for one min. Add the **mixed beans**, **chicken stock powder** and **water** (see ingredients for amount). Season with **salt** and **pepper**. Pop a lid on the pan and cook for 5 mins. When cooked, mash to break up the **beans** with a potato masher (or the back of a fork).



3. Get Butterflying!

While everything cooks, lay your **chicken breast** on the chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other **breast(s)**. Transfer them to a mixing bowl. Add a drizzle of **oil**, a squeeze of **lime juice** and **half the Mexican spice mix**. Season with **salt** and **pepper**, then use your hands to mix thoroughly. **IMPORTANT:** *Remember to wash your hands after handling raw meat!*



6. Finish and Serve

Mix the **lime zest** and **olive oil** (see ingredients for amount) with a squeeze of **lime juice**. Season with **salt** and **pepper**. Divide the **beans** between plates, with the **chicken** beside and the **peppers** on top. Add the **wedges** and dress with some of the **lime sauce**. Squeeze over a little more **lime juice** for good measure.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • Low Sat Fat

Featured Ingredient: *Chicken is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein, and is a great source of selenium. Selenium contributes to the maintenance of hair and nails.*

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.