

# Fajita Chicken

with Roasted Pepper, Home-made Refried Beans and Wedges

**BALANCED** 

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









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 vou 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
	25	JF	46
Potato**	1 small pack	1 large pack	2 small pack
Yellow Pepper**	1	2	2
Echalion Shallot**	1	1	2
Lime**	1/2	3/4	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.

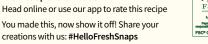
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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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## 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.



## 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.



## 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!



## 4. Cook the Chicken

Heat a splash of oil in a frying pan on mediumhigh 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.



## 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).



### 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.