



Fajita Chicken Loaded Wedges with Cheese and Zesty Soured Cream

24

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Bell Pepper



Lime



Garlic Clove



Mature Cheddar
Cheese



Diced Chicken
Thigh



Chipotle Paste



Soured Cream



Diced Chicken
Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Baking tray, fine grater, garlic press, grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Lime**	1	1	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Diced Chicken Thigh**	260g	390g	520g
Chipotle Paste	20g	30g	40g
Soured Cream** 7)	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, 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	528g	100g	528g	100g
Energy (kJ/kcal)	2396/573	454/109	2135/510	405/97
Fat (g)	26.1	4.9	16.0	3.0
Sat. Fat (g)	11.3	2.1	8.3	1.6
Carbohydrate (g)	52.5	10.0	52.2	9.9
Sugars (g)	7.8	1.5	7.8	1.5
Protein (g)	40.0	7.6	42.8	8.1
Salt (g)	1.07	0.20	1.01	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point** values based on low-cal cooking spray oil.

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them 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, 30-40 mins. Turn halfway through.



Add the Veg and Spice

Add the **pepper** to the frying pan and stir-fry until just soft, 4-5 mins.

Reduce the heat to medium, then add the **garlic** and **chipotle paste** (add less if you'd prefer things milder). Cook until fragrant, 1 min.



Get Prepped

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.

Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

Grate the **cheese**.



Zest It Up

Meanwhile, in a small bowl combine the **soured cream** and **lime zest**. Set aside.

When the **fajita mix** is ready, add a generous squeeze of **lime juice**. Stir to combine and remove from the heat.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until 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.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Load and Serve

When everything's ready, share the **wedges** between your plates and top with the **chicken fajita mix**.

Sprinkle over the **cheese**. Finish with a dollop of the **zesty soured cream - wedges** loaded!

Serve with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!