



More than Food

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Chicken Fajitas

with Homemade Guacamole and Pico De Gallo

No need to go to a restaurant tonight! Make your own sizzling chicken fajitas with crunchy red bell pepper, soft caramelized onion, and creamy guacamole. This dish has party written all over it.



40 min



level 2



nut free



Chicken Breasts



Avocado



Red Bell Pepper



Tomato



Lime



Red Onion



Jalapeño



Cilantro



Flour Tortillas



Sour Cream



Chili Powder

Ingredients

	2 People	4 People
Chicken Breasts	2	4
Avocado	1	2
Red Bell Pepper	1	2
Tomato, Standard	1	2
Lime	1	2
Red Onion	1	2
Jalapeño	1	2
Cilantro	¼ oz	½ oz
6-inch Flour Tortillas	1)	8
Sour Cream	2)	4 oz
Chili Powder	½ t	1 t
Olive Oil*	1½ T	3 T

*Not Included

Allergens

- 1) Wheat
- 2) Dairy

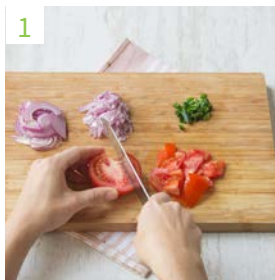
Tools

Large Pan, 2 Small Bowls

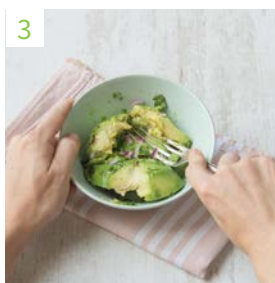
Ruler

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Nutrition per person Calories: 812 cal | Carbs: 72 g | Fat: 38 g | Protein: 50 g | Fiber: 9 g | Sodium: 1052 mg

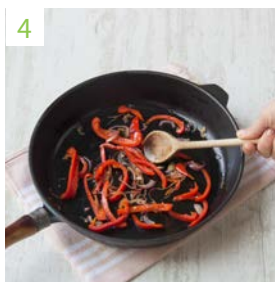


1 Preheat the oven to 400 degrees (if you have a microwave, you can skip this step!). Halve, peel, and thinly slice **half the red onion**. Dice the remaining **half red onion**. Finely dice the **jalapeño**, removing the seeds and ribs if you prefer less heat. Core, seed, and dice the **tomato**. Halve the **lime**. Finely chop the **cilantro**. Core, seed, and remove the white ribs from the **bell pepper** then thinly slice. Slice the **chicken** into thin strips.

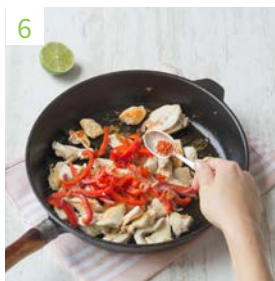


2 Make the **pico de gallo**: in a small bowl, combine the **tomato**, **half the cilantro**, **half the diced onion**, a squeeze of **lime**, and **jalapeño** (to taste). Season with **salt** and **pepper**.

3 Make the **guacamole**: halve, peel, and pit the **avocado**. Scoop it into a small bowl and mash with the **remaining cilantro**, a squeeze of **lime**, and as much **remaining diced onion** and **jalapeño** as you like. Season with **salt** and **pepper**.



4 Heat ½ **Tablespoon olive oil** in a large pan over medium-high heat. Add the **sliced red onion** and **bell pepper** and cook, tossing, for 5-6 minutes until soft. Season with **salt** and **pepper** and set aside.



5 Wrap the **tortillas** in foil and place in the oven to warm for 5 minutes. If you have a microwave, wrap them in a damp paper towel and microwave on high for 30 seconds after step 6 instead.

6 In the same pan you cooked the vegetables in, heat another ½ **Tablespoon olive oil** over medium-high heat. Season the **chicken** with **salt** and **pepper** and cook, tossing, for 3-4 minutes until browned. Once cooked, add the **peppers**, **onions**, ½ **teaspoon chili powder**, and a squeeze of **lime** to the pan. Cook for 30 seconds until fragrant, then remove from heat.

7 Now for the fun part! Assemble **fajitas** with the **tortillas**, **chicken mixture**, **pico de gallo**, **guacamole**, and **sour cream**. Enjoy!