



Chicken Fajita Tortizza with Rocket Salad

N° 24

Calorie Smart Eat Me Early 40 Minutes • Little Spice • Under 600 Calories • 3 of your 5 a day



Bell Pepper



Spring Onion



Garlic Clove



Cheddar Cheese



Soft Shell Taco



Diced Chicken Thigh



Central American Style Spice Mix



Tomato Passata



Balsamic Vinegar



Rocket

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Grater, Baking Tray, Frying Pan and Bowls.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove	1	2	2
Cheddar Cheese 7)**	60g	90g	120g
Soft Shell Taco 13)	4	6	8
Diced Chicken Thigh**	280g	420g	560g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ carton	2 cartons
Balsamic Vinegar 14)	½ sachet	1 sachet	1 sachet
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Rocket**	20g	40g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	2114 /505	539 /129
Fat (g)	30	8
Sat. Fat (g)	11	3
Carbohydrate (g)	19	5
Sugars (g)	7	2
Protein (g)	40	10
Salt (g)	1.47	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

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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Get Prepped

Preheat your oven to 200°C. Halve the **pepper**, discard the core and seeds then slice into thin strips. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.



Finish the Fajita Mix

Add the **garlic** and **Central American style spice** mix to the frying pan with the **chicken** and cook for 1 min, stirring continuously. Add the **passata** and simmer until thickened, 4-5 mins. Season to taste with **salt** and **pepper**, then take off the heat. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Bake the Tortizza Base

Meanwhile, arrange the **tacos** (2 per person) on a lightly oiled baking tray so they are well spread out (you may need 2 baking trays). Drizzle each one with a little **oil**, ensuring they are well coated. Pop the **tacos** onto the top shelf of the oven to brown slightly and crisp up, 3-5 mins. When ready, remove and keep to one side (keep them on the baking tray as they will go back in the oven later).



Top Your Tortizza

Divide the **fajita mix** equally between the baked **tortizza bases**, spreading it out to the edges. Scatter over the **spring onion**, followed by the **cheese**. Pop your **tortizzas** back onto the top shelf of your oven and bake until the **cheese** has melted and is bubbling, 4-6 mins. **TIP:** *If using more than one baking tray, use the middle shelf also and swap the trays around on the shelves halfway through for even cooking.*



Cook the Fajita Mix

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands after handling chicken and its packaging.* Cook until brown all over, 5-6 mins, turning occasionally. Add the **pepper** and cook until soft, 3-4 mins.



Finish and Serve

Meanwhile, pour the **balsamic vinegar** and **olive oil** (see ingredients for amount) into a medium bowl, season with **salt** and **pepper** and mix well. Once your **tortizzas** are out of the oven, slide them onto your plates. Just before serving, add the **rocket** to the **dressing** bowl, toss well to coat. Serve the **chicken fajita tortizzas** with the **rocket salad** alongside.

Enjoy!

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.