

Sweet Chilli Chicken Fajita Wraps

with Central American spiced bell pepper

15 – 20 mins

23



Diced Irish Chicken Breast



Tomato



Grated Cheese



Tomato Paste



Sweet Chilli Sauce



Mayo



Bell Pepper



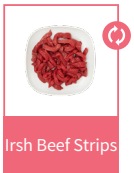
Central American Style Spice Mix



Wraps



Diced Irish Chicken Breast



Irish Beef Strips

Pantry Items: Sugar, Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Pan with lid

Ingredients

| | 2P | 4P | 6P |
|----------------------------------|-----------|-----------|-----------|
| Diced Irish Chicken Breast | 260 g | 520 g | 780 g |
| Tomato | 2 units | 4 units | 6 units |
| Grated Cheese | 50 g | 100 g | 150 g |
| Tomato Paste | 1 tin | 2 tins | 3 tins |
| Sweet Chilli Sauce | 1 sachet | 2 sachets | 3 sachets |
| Mayo | 2 sachets | 4 sachets | 6 sachets |
| Bell Pepper | 1 unit | 2 units | 3 units |
| Central American Style Spice Mix | 1 sachet | 2 sachets | 3 sachets |
| Wraps | 4 units | 8 units | 12 units |
| Diced Irish Chicken Breast | 520 g | 1040 g | 1560 g |
| Irish Beef Strips | 250 g | 500 g | 750 g |

Nutrition

| for uncooked ingredient | Recipe 1 | | Recipe 2 |
|-------------------------|-------------------------|---------------------|---------------------|
| | Per 100 g | Per 100 g | Per 100 g |
| Energy (kJ/kcal) | 649.1 kJ/ 155.1 kcal | 607 kJ/ 145 kcal | 658 kJ/ 157 kcal |
| Fat (g) | 4.9 g | 4.1 g | 5.4 g |
| Sat. Fat (g) | 1.5 g | 1.2 g | 1.7 g |
| Carbohydrate (g) | 18.5 g | 14.7 g | 18.5 g |
| Sugars (g) | 5.7 g | 4.4 g | 5.6 g |
| Protein (g) | 9.6 g | 12.5 g | 8.9 g |
| Salt (g) | 1.2 g | 1 g | 1.2 g |

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Get Prepped

- Preheat your oven (for the wraps) to 220°C/200°C fan/gas mark 7.
- Halve, deseed and slice the **bell pepper** into thin strips.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry the **bell pepper** and **chicken** for 3-4 mins. Season with **Central American spice** and a good pinch of **salt**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Divide and Serve

- Spread the sweet **chilli mayo** generously over each wrap.
- Serve **chicken, tortilla wraps, tomato** and **cheese** in separate dishes.
- Allow everyone to assemble their own **wraps** at the table.

Enjoy!

CUSTOM OPTIONS

IRISH BEEF STRIPS

Swapping to beef strips? Before cooking the veg, add the strips to the hot pan and cook for 2-3 mins. Remove once cooked and stir into sauce before serving.



Cook the Chicken

- Add **tomato paste**, ½ tsp **sugar** (per 2P) and 50ml **water** (per 2P).
- Cover and simmer until the **chicken** is cooked, 6-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**.



Finishing Touches

- Meanwhile, chop the **tomato** into 1cm chunks.
- In a small bowl, combine the **sweet chilli sauce** with the **mayo**.
- When the **chicken** is almost done, pop the **wraps** (2 per person) into the oven to warm through, 1-2 mins.