



Bell Pepper and Mushroom Fajitas

with cheese and avocado creme

Veggie Quick Cook 20-25 mins

8



Creme Fraiche



Mushrooms



Avocado



Coriander



Lime



Bell Pepper



Tortilla



Mexican Style Spice Mix



Grated Cheese Mix



Onion

Pantry Items: Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

Ingredients

	2P	4P
Creme Fraiche	62.5 g	125 g
Mushrooms	250 g	500 g
Avocado	1 unit	2 units
Coriander	10 g	20 g
Lime	1 unit	2 units
Bell Pepper	1 unit	2 units
Tortilla	4 units	8 units
Mexican Style Spice Mix	1 sachet	2 sachets
Grated Cheese Mix	50 g	100 g
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	476.2 g	100 g
Energy (kJ/kcal)	1967.1 kJ/ 470.1 kcal	413 kJ/ 98.7 kcal
Fat (g)	36.1 g	7.6 g
Sat. Fat (g)	14.7 g	3.1 g
Carbohydrate (g)	29.8 g	6.3 g
Sugars (g)	11.3 g	2.4 g
Protein (g)	14.2 g	3 g
Salt (g)	0.5 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

Contact

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Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces. Halve the **bell pepper**, remove the core and thinly slice. Chop the slices in half.
- Wipe the **mushrooms** dry with kitchen paper and cut them into slices.
- Mix the **onion, pepper and mushrooms** in a bowl together with **salt, pepper** and half the **Mexican syle spice mix**. Coat with a good drizzle of **oil** and toss again.



Serve and Enjoy

- Serve the vegetables, **avocado** creme, **coriander, cheese**, and remaining **lime** wedges in different bowls so everyone can top their fajitas at the table.

Enjoy!



Time to Fry

- Heat a drizzle of **oil** in a pan over medium-high heat.
- Fry the **onion, pepper and mushrooms** for 10-12 mins or until tender and golden brown.
- Pop half the **tortillas** (double for 4p) into the oven to warm, 1-2 mins.



Make Your Filling

- Roughly chop the **coriander** (stalks and all).
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop the flesh out into a bowl.
- Mix in half the **creme fraiche** (double for 4p), half the **Mexican style spice mix**, and the juice of half a **lime** (double for 4p).
- Season to taste with **salt** and **pepper**. Mash everything with a fork.

TIP: You can also use a blender if you want a smoother consistency or if your avocado is not quite ripe yet.