

Bell Pepper and Mushroom Fajitas with cheese and avocado creme

Veggie Quick Cook 20-25 mins



8

Before you start

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

Ingredients

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	523.5 g	100 g
Energy (kJ/kcal)	2656 kJ/ 634.8 kcal	507.3 kJ/ 121.3 kcal
Fat (g)	41.6 g	7.9 g
Sat. Fat (g)	17.9 g	3.4 g
Carbohydrate (g)	53.8 g	10.3 g
Sugars (g)	12.3 g	2.3 g
Protein (g)	18.8 g	3.6 g
Salt (g)	1.5 g	0.3 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.



Prep the Veq

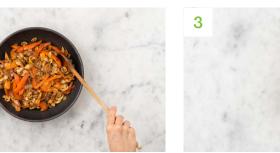
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces. Halve the **bell pepper**, remove the core and thinly slice. Chop the slices in half.
- Wipe the mushrooms dry with kitchen paper and cut them into slices.
- Mix the onion, pepper and mushrooms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



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 Fru

- 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), remaining Mexican style spice mix, and the juice of two lime wedges (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.

Contact

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