



AUG  
2016

## 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.



Chicken Breasts



Avocado



Red Bell Pepper



Tomato



Lime



Red Onion



Flour Tortillas



Sour Cream



Chili Powder



Jalapeño



Cilantro

## Ingredients

	2 People	4 People
Chicken Breasts	2	4
Avocados	1	2
Red Bell Pepper, sliced	1 pkg (185 g)	2 pkg (370 g)
Tomato	1	2
Lime	1	2
Red Onion, sliced	1 pkg (113 g)	2 pkg (227 g)
Jalapeno 🌶️	1	2
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Flour Tortillas, 6-in	1) 6	12
Sour Cream	2) 2 pkg	3 pkg
Chili Powder	1 pkg (1 tsp)	2 pkg (2 tsp)
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Wheat/Blé

2) Milk/Lait

## 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

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



1

**1 Prep: Wash and dry all produce.** Dice half the **red onion slices**. 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**. Slice the **chicken** into thin strips.



3

**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 as much **jalapeño** as you like. Season with **salt** and **pepper**.



4

**3 Make the guacamole:** Halve, peel, and pit the **avocado**. Scoop it into another small bowl and mash with the **remaining cilantro**, a squeeze of **lime**, as much **remaining diced onion** and **jalapeño** (to taste). Season with **salt** and **pepper**.

**4 Cook the filling:** Heat a drizzle of **oil** in a large pan over medium heat. Add the **chicken** to the pan and cook, tossing, for 1-2 minutes until chicken just starts to brown. Add the **sliced red onion**, **bell peppers** and **chili powder**. Cook, tossing, for 5-6 minutes until vegetables are tender. Season with **salt** and **pepper**.

**5 Warm the tortillas:** Meanwhile, wrap the **tortillas** in a damp paper towel and microwave on high for 30 seconds to warm up.

**6 Finish and serve:** Assemble **fajitas** with the **tortillas**, **chicken mixture**, **pico de gallo**, **guacamole**, and as much **sour cream** as you like. Squeeze some **lime juice** overtop. Enjoy!

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