

Prawn Fajitas with Salsa and Sour Cream

hellóchef

It's fiesta time!

Cals 601 • Prot 35 • Carbs 75 • Fat 19

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 20 min

R2438

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fajita mix	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Red onion	1	2	2	Piece
Red pepper	1	1	2	Piece
Yellow pepper	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Olive oil	1	2	2	Tbsp
Fajita seasoning	15	20	20	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
To serve				
6" tortilla wraps 10*, 11*	6	9	12	Piece
Lime	2	3	4	Piece
Mild tomato salsa	90	120	200	Grams
Sour cream 4*	90	120	120	Grams

Allergens

*7 Crustaceans, *10 Wheat, *11 Gluten, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2512 / 601
Fat (g)	19.3
of which saturates (g)	7.6
Carbohydrate (g)	75
of which sugars (g)	10.9
Fiber (g)	7.1
Protein (g)	35.1
Salt (g)	2.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and finely slice the **red onion**. Slice the **red** and **yellow** bell **peppers** into thin strips. Rinse and chop the **coriander**.



2 Fry vegetables

Heat a drizzle of **oil** in a large pan over a high heat. Fry the **onion** slices and bell **pepper** strips for 5 min until slightly softened.



3 Add prawns and spices

Add the **prawns** and **fajita seasoning (spicy!)** to the pan. Fry for 2-3 min further or until the **prawns** are cooked through but juicy (don't overcook them, or they might turn rubbery). Fold in the chopped **coriander**. Season with **salt** and **pepper** to taste.



4 Serve

Warm the tortillas. Slice the **lime** into wedges. Fill the tortillas with the prawn and vegetable mix. Serve with the **tomato salsa** and **sour cream**. Season the filling with a squeeze of **lime** juice as you're eating.