

Tex-Mex Chicken Stuffed Peppers

with Pico de Gallo

hellóchef

Spice up your evening!

Cals 815 • Prot 69 • Carbs 56 • Fat 44

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🕒 cook: 40 min

R2543



Before you start

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

Ingredients

Peppers	2 ppl	3 ppl	4 ppl	
Yellow pepper	3	5	6	Piece
Olive oil	2	3	4	Tbsp
Stuffing				
Chicken mince	400	600	800	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Taco seasoning	10	15	20	Grams
Tomato paste	50	70	70	Grams
Tomato passata	200	200	400	Grams
Sweet corn kernels	122	122	244	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Grated orange cheddar 4*	60	90	120	Grams
Pico de Gallo				
Tomatoes	2	3	4	Piece
Jalapeno slices	30	45	60	Grams
Fresh coriander	15	15	15	Grams
Lime	1	2	2	Piece
Salt	0.5	0.5	1	Tsp
To serve				
Sour cream 4*	60	90	120	Grams

Allergens

*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)	3409 / 815
Fat (g)	43.5
of which saturates (g)	18.2
Carbohydrate (g)	56
of which sugars (g)	17.5
Fiber (g)	11.2
Protein (g)	69.1
Salt (g)	3.7

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



1 Roast peppers

Preheat the oven to 200°C/ 180°C fan. Slice the **peppers** in half lengthwise, leaving their stems in place. De-seed them. Place the **peppers** in a baking dish and drizzle them with **oil**. Roast for 15 min.



2 Fry onion

Meanwhile, peel and finely chop the **red onion** and **garlic**. Heat a non-stick pan over a medium-low heat with a drizzle of **oil**. Once hot, add the **onion** and cook for 5 min. Add the **garlic** and fry for 2 min further.



3 Fry chicken

Transfer the **onion** and **garlic** to a plate and return the pan to a medium heat with a drizzle of **oil**. Add the **chicken mince** and fry for 5 min or until lightly browned.



4 Simmer

Add the **taco seasoning** and the **tomato paste** and cook for 2 min. Return the **onion** and **garlic** to the pan along with the **tomato passata** and drained **sweet corn kernels**. Simmer for 5 min. Season to taste with **salt** and **pepper**.



5 Bake

Spoon the **chicken** stuffing into the pre-baked **pepper** halves. Press down and pile high. Sprinkle with the **grated cheddar**. Return the dish to the oven and roast for 10-15 min further or until the **cheese** has turned golden.



6 Make salsa

Meanwhile, halve the **tomatoes**, discard their stems and seeds and chop them finely. Finely chop the **jalapeno** and **coriander**. Add the **tomatoes**, **jalapeno (spicy!)** and **coriander** to a bowl, season with a squeeze of **lime** juice and a pinch of **salt** (see pro tip). Serve the stuffed **peppers** with the **sour cream** and **Pico de Gallo** to the side.