

Chicken Fajita Salad Bowl

with Lime Crema Dressing

hellóchef

Who said salad had to be boring?

Cals 615 • Prot 54 • Carbs 42 • Fat 28

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🕒 cook: 25 min

R3145



Before you start

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

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Red pepper	1	2	2	Piece
Red onion	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Fajita seasoning	10	15	20	Grams
Salt	0.5	1	1	Tsp
Avocado	1	2	2	Piece
Romaine lettuce	300	400	600	Grams
Tomatoes	1	2	2	Piece
Dressing				
Fresh coriander	15	15	15	Grams
Garlic cloves	1	1	1	Piece
Sour cream 4*	60	90	120	Grams
Honey	15	15	15	Grams
Lime	1	1	1	Piece
Vegetable oil	1	1	2	Tbsp
Chipotle powder	2	2	2	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

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)	2571 / 615
Fat (g)	28.2
of which saturates (g)	6.9
Carbohydrate (g)	42
of which sugars (g)	16.8
Fiber (g)	17.5
Protein (g)	54.2
Salt (g)	0.6

*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

Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness. Deseed and finely slice the **peppers**. Peel and slice the **onion**.



2 Fry chicken

Drizzle the **chicken** with **oil**, sprinkle with half of the **fajita seasoning** (reserve the rest for the veg). Heat a non-stick pan over a medium-high heat. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5–7 min on either side until golden and cooked through.



3 Fry peppers

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **peppers** and **onions** with a pinch of **salt** and cook for 4 min. Add the remaining **fajita seasoning** (and a splash of water if needed) and cook for 2 more min until softened. Once cooked, remove from the heat and set aside.



4 Prep salad

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Wash and finely slice the **romaine lettuce**. Roughly chop the **tomatoes**.



5 Make dressing

Finely chop the **coriander** leaves. Peel and mince the **garlic**. In a bowl, combine the **sour cream**, **honey**, the juice of the {0.5/0.5/1} **lime**, the **oil**, a pinch of **chipotle powder (spicy!)**, the **garlic** and the **coriander**. Season. This is your **dressing**.

Tip! Use half or don't add the raw garlic to the dressing if you find the taste too punchy.



6 Serve

Slice the **chicken**. Divide the **lettuce** between bowls, then top with the sliced **chicken**, **peppers** and **onions**, **avocado** and **tomato**. Drizzle with the **dressing**. Enjoy!