

Cheesy Chicken Fajitas

with Sour Cream

hellóchef

Speedy to make, fun (and messy!) to eat.

Cals 994 • Prot 70 • Carbs 99 • Fat 23

Weekly Classic

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🕒 cook: 25 min

R3377



Before you start

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

Ingredients

Fajitas	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Red onion	1	2	2	Piece
Red pepper	1	2	2	Piece
Yellow pepper	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Fajita seasoning	5	5	10	Grams
Smoked paprika powder	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Salt	1	1	2	Tsp
Grated orange cheddar 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams
8" tortilla wraps 10*, 11*	6	9	12	Piece
To serve				
Sour cream 4*	90	120	180	Grams
Fresh coriander	15	15	15	Grams

Allergens

*4 Milk, *10 Wheat, *11 Gluten

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)	4160 / 994
Fat (g)	22.8
of which saturates (g)	18.4
Carbohydrate (g)	99
of which sugars (g)	11
Fiber (g)	6.6
Protein (g)	69.9
Salt (g)	1.8

*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

Peel and finely slice the **onion**. Finely slice the **red** and **yellow peppers**. Slice the **chicken breasts** into strips.

Tip! If using an air fryer, preheat to 190°C.



2 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 3-4 min until golden and cooked through. Transfer the **chicken** to a plate.

Tip! If using an air fryer, add the chicken, onion and peppers to the air fryer basket together with the fajita seasoning, smoked paprika and a pinch of chipotle (spicy!). Add a drizzle of oil and cook for 10-12 min, shaking halfway through.



3 Fry vegetables

Return the pan to a medium heat with a second drizzle of **oil**. Add the **onion** and **peppers** and fry for 3-4 min.



4 Season

Return the **chicken** to the pan along with the **fajita seasoning**, **smoked paprika** a pinch of **chipotle (spicy!)** (see pro tip!) and a small splash of water. Fry, stirring, for 2 min or until the liquid has evaporated. Season with **salt** and **pepper**.

Tip! Cooking for little ones? Separate a batch of the chicken filling and season it with salt and pepper only (leaving the fajita seasoning out). Don't forget the cheese, though!



5 Add cheese

Sprinkle the **chicken** and the **vegetables** with the **grated cheddars**. Remove the pan from the heat and cover with a lid. Set aside until the **cheese** melts.

Tip! If using an air fryer, sprinkle the cheese over the chicken and vegetables in the air fryer basket and heat for 1-2 min until the cheese is melted.



6 Serve

Meanwhile, heat the **tortilla wraps** in the microwave or a warm oven. Load them with the cheesy **chicken** and **vegetable** filling. Serve with the **sour cream** and **fresh coriander** leaves.