



# Cheese and Shredded Chicken Fajitas

with zingy tomato salsa

Quick Cook 20-25 mins

18



Chicken Breast



Ketchup



Ground Cumin



Aioli



Grated Cheese



Tomato



Onion



Carrot



Tortilla



Lime



Coriander



BBQ Sauce

Pantry Items: Water, Oil, Salt, Pepper



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Ketchup	2 sachets	4 sachets
Ground Cumin	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Tomato	2 units	4 units
Onion	1 unit	2 units
Carrot	1 unit	2 units
Tortilla	8 units	16 units
Lime	1 unit	2 units
Coriander	5 g	10 g
BBQ Sauce	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	579 g	100 g
Energy (kJ/kcal)	3601 kJ/ 861 kcal	622.1 kJ/ 148.7 kcal
Fat (g)	38.8 g	6.8 g
Sat. Fat (g)	13.4 g	2.4 g
Carbohydrate (g)	77.2 g	13 g
Sugars (g)	17.8 g	3.1 g
Protein (g)	53.6 g	9.4 g
Salt (g)	3.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Poach the Chicken

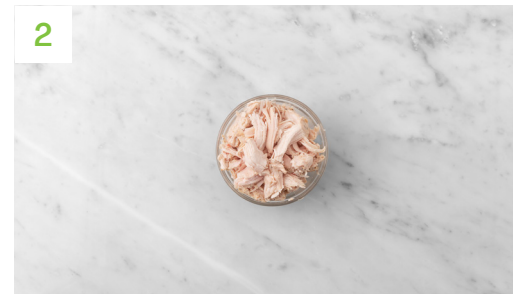
- Heat the oven to 220°C/200°C fan/gas mark 7 (to avoid turning on your oven, warm the **tortillas** in a pan instead).
- Boil a large pot of **salted water**.
- Once boiling, lower the heat to medium-high.
- Add the **chicken** and some cracked **pepper** and cover. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



### Get Prepped

- Trim and grate the **carrot** (no need to peel).
- Roughly chop the **coriander** (stalks and all).
- In a separate bowl, mix the **carrot** and **coriander**. Season to taste with **salt** and **pepper**.
- Pop the **tortillas** into the oven to warm, 1-2 mins.



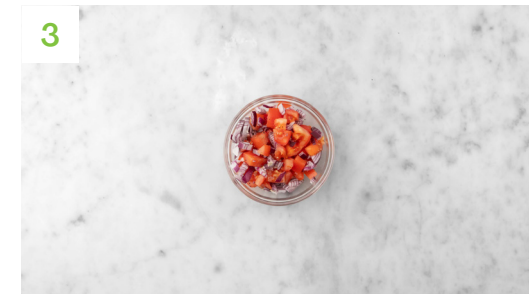
### Shred the Chicken

- Simmer until the **chicken** is cooked through, stirring halfway, 12-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, remove the pot from the heat and transfer the **chicken** to a bowl.
- Use two forks to shred the **chicken** as finely as you can.



### Coat the Chicken

- Add the **ketchup**, **cumin** and **aioli** to the bowl with the **chicken**.
- Toss to fully coat.
- Season to taste with **salt** and **pepper**.



### Make the Salsa

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Cut the **tomato** into 1cm chunks.
- Quarter the **lime**.
- In a small bowl, mix the **tomato** and **onion** together with a drizzle of **oil** and the juice of two **lime** wedges (double for 4p).
- Season to taste with **salt** and **pepper**.



### Finish and Serve

- Fill your **tortillas** with the shredded **chicken**, **tomato** salsa, **cheese** and **coriander** carrot.
- Finish with a drizzle of **BBQ sauce** and a squeeze of **lime** juice before digging in!

Enjoy!