



UCOOK

The Chicken Fajitas Of Champs

with guacamole, refried beans & pickled peppers

Juicy marinated chicken and onion are cooked together and then loaded onto soft flour tortillas. Crème fraîche, refried beans and dreamy guacamole join the deliciousness!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

30ml	NOMU Mexican Spice Blend
2	Lemons <i>1½ cut into wedges</i>
450g	Free-range Chicken Mini Fillets <i>cut into small chunks</i>
2	Onions <i>½ roughly sliced & ½ finely diced</i>
180g	Black Beans <i>drained & rinsed</i>
90g	Grated Mozzarella & Cheddar Cheese Mix
2	Tomatoes <i>diced</i>
150g	Pickled Bell Peppers <i>drained & thinly sliced</i>
60g	Green Leaves <i>rinsed & roughly shredded</i>
125ml	Crème Fraîche
6	Wheat Flour Tortillas
120g	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GET THE FAJITAS STARTED Preheat the oven to 200°C. In a large bowl, add the Mexican spice blend, a drizzle of oil and the juice from 3 lemon wedges. Mix until fully combined. Add the chicken and the sliced onion and toss until coated. Place on a greased baking tray and spread out in a single layer. Roast in the hot oven for 15-20 minutes, until the chicken is cooked through.

2. REFRIED BEANS Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, add the diced onions and fry for 6-7 minutes, until soft and translucent, shifting occasionally. Mix in the drained beans and 150ml of water. Cover with the lid and cook for 5-7 minutes until softened.

3. MASH IT UP Once the beans have softened, mash with a potato masher or fork until smooth. Cook for a further 2-3 minutes, stirring often until desired consistency. Remove from the heat and add a squeeze of lemon juice and seasoning. If the mashed beans are too dry, add a splash of water. Cover to keep warm.

4. LOCO ABOUT SALAD When the roast chicken and onion have 5 minutes remaining, sprinkle over the cheese and roast for the remaining time, until melted. In a small bowl, combine the diced tomato, sliced pickled peppers and shredded green leaves with a drizzle of oil and seasoning. Loosen the crème fraîche with a splash of water and season.

5. WRAPPING IT UP Place a pan over a high heat. When hot, add a tortilla and toast for 30 seconds per side until slightly toasted and charred. Remove from the pan, and repeat with the remaining tortillas.

6. FAJITA FINALE DIY! Time to plate up the fajitas. Start with the warm tortillas, and smear with some of the crème fraîche. Top with the refried beans and the salad mix. Pile up the cheesy chicken, dollop over the guacamole, and drizzle over the remaining crème fraîche. Serve with any remaining lemon wedges. Bueno, Chef!

Nutritional Information

Per 100g

Energy	565kJ
Energy	135Kcal
Protein	7.8g
Carbs	12g
of which sugars	3.2g
Fibre	1.7g
Fat	6.2g
of which saturated	2.8g
Sodium	291mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days