



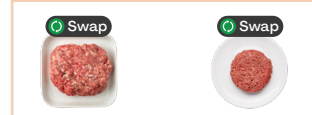
Fajita-Inspired Chicken Flatbreads

with Creamy Dressing and Cheddar Cheese

Family Friendly 15-25 Minutes

Customized Protein + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g

Beyond Meat®
2 | 4



Ground Chicken ⁺
250 g | 500 g



Flatbread
2 | 4



Sweet Bell Pepper
1 | 2



Green Onion
1 | 2



Cheddar Cheese, shredded
½ cup | 1 cup



Creamy Dressing
43 ml | 86 ml



Tomato Sauce Base
2 tbsp | 4 tbsp



Tex-Mex Paste
1 tbsp | 2 tbsp



Garlic Salt
1 tsp | 1 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, unsalted butter, salt, oil

Cooking utensils | Baking sheet, large non-stick pan, measuring spoons, parchment paper, silicone brush, 2 small bowls

1



Prep

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onions**, keeping white and green parts separate.

2



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**.
- Cook until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **peppers** to a plate, then cover to keep warm.

3



Cook chicken and sauce

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Reheat the same pan over medium-high.
- Add 1 **tbsp** (2 **tbsp**) **oil**, then **green onion whites** and **chicken**.
- Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Season with ¼ **tsp** (½ **tsp**) **garlic salt**.
- Add **Tex-Mex paste** and **tomato sauce base**. Cook, stirring often, until fragrant, 1 min.
- Add 3 **tbsp** (6 **tbsp**) **water**, then stir to combine.
- Remove from heat.

4



Toast flatbreads

- Melt 1 **tbsp** (2 **tbsp**) **butter** in a small microwavable bowl or in a small pan over low heat.
- Season with ¼ **tsp** (½ **tsp**) **garlic salt**.
- Arrange **flatbreads** on a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets.)
- Brush **garlic butter** over **flatbreads**.
- Toast in the **bottom** of the oven until softened, 2-5 min. (**NOTE:** For 4 ppl, toast in the middle and bottom of the oven.)

5



Assemble flatbreads

- Working directly on the baking sheet, spread **chicken mixture** over **flatbreads**, then top with **peppers** and **cheese**. Season with **salt** and **pepper**.
- Toast **assembled flatbreads** in the **middle** of the oven, until **cheese** melts, 3-4 min. (**NOTE:** For 4 ppl, toast in the middle and bottom of the oven.)

6



Finish and serve

- Meanwhile, combine **creamy dressing** and ½ **tbsp** (1 **tbsp**) **water** in another small bowl.
- Cut **flatbreads** into quarters, then divide between plates.
- Drizzle **creamy dressing** and sprinkle **remaining green onions** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Cook beef and sauce

Swap | **Ground Beef**

If you've opted to get **beef**, reduce oil to ½ **tbsp** (1 **tbsp**), then add **beef** to the pan. Cook **beef** in the same way the recipe instructs you to cook the **chicken**.** [Remove and discard excess fat, if desired.]

3 | Cook Beyond Meat® and sauce

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **chicken**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.