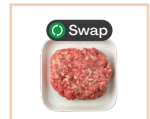




# Fajita-Inspired Chicken Flatbreads

## with Sour Cream Dressing and Cheddar Cheese

Cozy Comforts 20 Minutes



Ground Beef  
250 g | 500 g

Customized Protein + Add Swap or x2 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 Chicken  
250 g | 500 g



Flatbread  
2 | 4



Sweet Bell Pepper  
1 | 2



Green Onion  
1 | 2



Cheddar Cheese, shredded  
½ cup | 1 cup



Sour Cream  
1 | 2



Tomato Sauce Base  
2 tbsp | 4 tbsp



Tex-Mex Paste  
1 tbsp | 2 tbsp



Garlic Salt  
½ 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, 2x small bowl

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**

- 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.
- 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 **sour cream** and ½ **tbsp** (1 **tbsp**) **water** in a small bowl.
- Cut **flatbreads** into quarters, then divide between plates.
- Drizzle **sour cream 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, cook it in the same way the recipe instructs you to cook the chicken.

\* 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.