



# Fajita-Inspired Chicken Flatbreads

## with Sour Cream Sauce and Cheddar Cheese

Family Friendly

Quick

25 Minutes



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Ground Chicken



Beyond Meat®



Flatbread



Sweet Bell Pepper



Green Onion



Cheddar Cheese,  
shredded



Sour Cream



Tomato Sauce Base



Tex-Mex Paste



Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen!*

## Start here

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

Baking sheet, measuring spoons, silicone brush, parchment paper, small bowl, small microwavable bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Beyond Meat®	2	4
Flatbread	2	4
Sweet Bell Pepper	1	2
Green Onion	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Sour Cream	3 tbsp	6 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Tex-Mex Paste	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	¼ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook chicken and Beyond Meat® to a minimum internal temperature of 74°C/165°F.

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

## 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.*



### Prep and make sauce

- Core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Add ⅛ **tsp** (¼ **tsp**) **sugar**, **1 tbsp** (2 **tbsp**) **water** and **sour cream** to a small bowl.
- Season with **salt** and **pepper**, then whisk until smooth.



### 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.)



### Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When 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.



### Assemble flatbreads

- Working directly on the baking sheet, spread **chicken mixture** over **flatbreads**, then top with **peppers** and **cheese**.
- 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.)



### Cook chicken

- 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.

If you've opted to get **Beyond Meat®**, prepare and cook the **patties** in the same way as the **chicken**, until crispy. \*\*



### Finish and serve

- Cut **fajita-inspired chicken flatbreads** into quarters, then divide between plates.
- Drizzle **sour cream sauce** and sprinkle **remaining green onions** over top.

## Dinner Solved!



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