

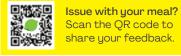
Fajita-Inspired Chicken Flatbreads

with Sour Cream Sauce and Cheddar Cheese

Family Friendly

Quick

25 Minutes







Ground Chicken





Sweet Bell Pepper







Cheddar Cheese, shredded







Tomato Sauce Base





Tex-Mex Paste

Garlic Salt



Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person 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*	⅓ tsp	1/4 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 1/4-inch slices.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Add 1/8 tsp (1/4 tsp) sugar,
- **1 tbsp** (2 tbsp) water and sour cream to a small bowl.
- Season with **salt** and **pepper**, then whisk until smooth.



Cook peppers

- Heat a large non-stick pan over mediumhigh 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.



- 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 1/4 tsp (1/2 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.**



Toast flatbreads

- Melt 1 tbsp (2 tbsp) butter in a small microwavable bowl, or in a small pan over low heat. Season with
 4 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.)



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.)



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!