



Fajita-Inspired Chicken Flatbreads

with Sour Cream Sauce and Cheddar Cheese

Family Friendly 20 - 30 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)

↻ Swap	↻ Swap
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 1/2 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 1/2 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 | Unsalted butter, sugar, oil, salt, pepper

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

1



Prep and make sauce

- 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.
- Add ½ **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.

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

- 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**.
- 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

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

Measurements within steps

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

3 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken**, then carefully drain and discard excess fat and continue to follow the recipe as instructed.**

3 | Cook Beyond Meat®

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **chicken**, until cooked through, 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.



Issue with your meal? Scan the QR code to share your feedback.