

DINNERLY



Chicken Fajitas with Refried Beans and Salsa



20-30 minutes



4 Servings

Home-made refried beans? Of course you can! Forget convenience products and realise how easy and wholesome it is to make chicken fajitas from scratch.

WHAT WE SEND

- free-range chicken thigh fillet
- 2 corn cobs
- 2 x 400g kidney beans
- 4 tomatoes
- 40g chipotle in adobo sauce ⁶
- 5 Greek pita breads ^{1,6}

WHAT YOU NEED

- boiling water
- olive oil
- salt and pepper

TOOLS

- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

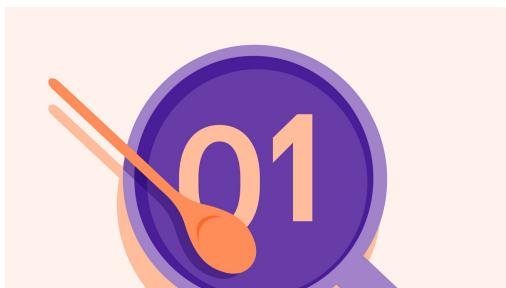
Chipotle is moderately spicy. If less heat is preferred, add less or omit completely. Alternatively, leave some of the chicken without the marinade for those who do not like heat.

ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 810kcal, Fat 20.9g, Carbs 89.8g, Proteins 52.9g



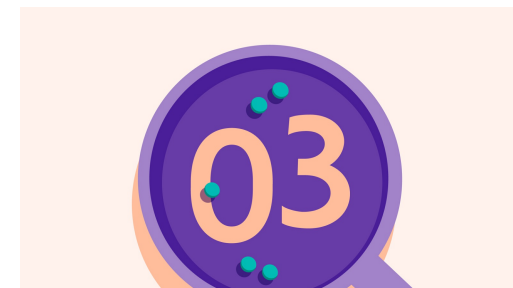
1. Prep ingredients

Bring a large saucepan of water to the boil for the corn. Drain and rinse the **beans**. Finely chop **3 garlic cloves**. Coarsely chop the **tomatoes**. Trim any excess fat from the **chicken** and thinly slice. Put the chicken and **chipotle** in a bowl (see cooking tip), season with **salt and pepper** and stir to coat.



2. Cook corn

Discard the husks and silks from the **corn**, then cook in the saucepan of boiling water for 3 mins. Remove from the pan and allow to cool, then slice the kernels from the cobs. Combine the corn and **tomato** in a bowl



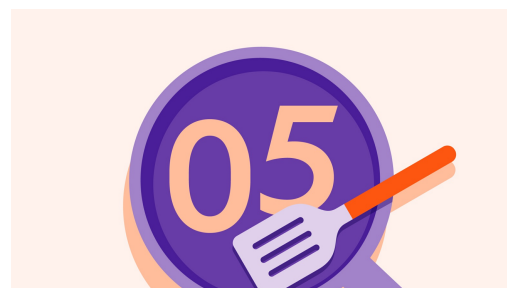
3. Cook chicken

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **chicken**, stirring occasionally, for 3-4 mins until golden and cooked through. Transfer to a bowl and cover to keep warm.



4. Make refried beans

Heat **1 tbs olive oil** in the pan over medium-high heat. Cook the **garlic and beans**, stirring, for 2-3 mins until warmed through. Remove from the heat, add **125ml (½ cup) boiling water** and mash with a fork. Season with **salt and pepper**.



5. Warm pita

Meanwhile, heat a separate large frypan over medium heat. Cook **4 pita** (the remaining pita won't be used in this dish) for 1 min each side until warm. Spread the **bean mash** over the warm **pita**, top with the **chipotle chicken**, **corn** and **tomato** and fold over to serve.



6. Make it yours

Bang up the flavour and the fun by adding sour cream, grated cheese or some lime wedges. Serve everything at the table and let everyone dive in.