



Spicy Chicken Fajitas

These spicy Mexican wraps make a tasty meal. They are ideal for events as you can prepare the fillings and invite people to make up their own and they are easy to eat 'on the go'!

Nutritional information per portion (242g):

calories 298.8	fat 8.7g 12%	saturates 2.1g 11%	sugars 5.7g 6%	salt 0.6g 10%
-------------------	--------------------	--------------------------	----------------------	---------------------

of an adult's guideline daily amount



OR



Both optional for heating tortilla wraps



A! Wheat/gluten and dairy

Equipment

- Colander
- Sharp knife x 2 (one for meat, one for vegetables)
- Chopping board x 2 (one for meat, one for vegetables)
- Garlic crusher
- Measuring spoons
- Wok or deep frying pan
- Wooden spoon
- Can opener
- Metal spoon
- Frying pan to warm the tortilla wraps (optional)

Ingredients

Makes 6 small fajitas

- 1 red pepper
- ½ red chilli OR
- ½ x 5ml spoon chilli powder
- ½ small lettuce
- 1 medium red onion
- 1 clove garlic
- 2 chicken breasts
- 2 x 15ml spoons vegetable oil
- 1 x 5ml spoon balsamic vinegar
- 1 x 400g can chopped tomatoes
- 1 x 5ml spoon tomato purée
- 2 x 5ml spoons dried oregano
- Black pepper (optional)
- 6 flour tortilla wraps
- 4 x 5ml spoons half-fat crème fraîche OR soured cream



Top Tip

- Stir-frying needs to be done over a high heat, keep stirring all the time to ensure your food does not burn.





Spicy Chicken Fajitas

Method

1. Wash the red pepper, chilli (if using fresh) and lettuce.
2. Shred the lettuce.
3. Peel and chop the onion into long, thin ½cm wide strips.
4. Cut the red pepper in half, scoop out and discard the white pith and seeds. Cut the red pepper into long, thin strips.
5. Peel and crush the garlic.
6. Using a separate chopping board and sharp knife slice the chicken into thin strips. Now wash your hands after touching the raw chicken.
7. Finely chop the chilli (if using fresh). Wash your hands after touching the fresh chilli.
8. Heat the oil in a wok or a frying pan. Add the strips of chicken and stir-fry for 3 minutes. The chicken will turn from pink to white.
9. Add the fresh or powdered chilli and stir for 1 minute.
10. Add the garlic, onion and pepper and stir-fry for a further 3 minutes until they start to soften.
11. Add the balsamic vinegar and cook for a few seconds, then add the chopped tomatoes, tomato purée and oregano.
12. Add black pepper to taste and cook for about 4 minutes or until the mixture has thickened.
13. Heat the tortilla wraps according to the packet instructions.
14. Place some of the chicken mixture along the centre of each tortilla wrap, add some shredded lettuce and 1 x 5ml spoon soured cream.
15. Fold the bottom of the tortilla wrap over first, to hold the mixture in, and then fold in both sides.

Something to try next time

- Use guacamole as an alternative to crème fraîche or soured cream.
- You could add 6–8 mushrooms to the fajita mixture, add in at step 10.
- For added vegetables, add 10 fresh cherry tomatoes, ¼ of a cucumber finely sliced and serve with the lettuce.

