



Fajitas



Recipe Cost

£5.57



Ingredients serves 4

- 2 chicken breasts, sliced
- 1 tsp olive oil
- 3-5 tablespoons of fajita seasoning
- 1 onion, sliced
- 1 red and 1 green pepper, sliced
- 1 garlic clove, finely chopped
- 2 tbsp tomato puree
- 4 flour tortillas

Top tip! For a vegetarian filling swap the chicken for sliced mushrooms and tinned beans



Equipment

Chopping board, knife, large frying pan

Method

1. Heat the oil in frying pan, add the onion and garlic and cook for 3 minutes until soft.
2. In the same frying pan add the chicken and cook for 6 minutes or until the chicken is cooked. Then add the fajita seasoning and tomato puree.
3. Add the pepper and tomatoes, and leave to simmer for 15 minutes on a low heat.
4. Meanwhile, heat the tortillas in the microwave, only for 10-15 seconds so not to cause them to become dry.
5. Lie the warm tortilla out flat and spoon in the chicken mixture in a line in the centre and fold the edges in towards the centre.
6. Serve with fat free natural yogurt