



CHICKEN FAJITAS

Serves 2

WHAT YOU NEED

- olive oil, salt and pepper
- 1 onion
- 1 red pepper
- 1 yellow pepper
- 2 chicken breasts or boned thighs
- 2 wholemeal tortilla wraps
- 1 x tablespoon Cajun spice mix



HOW TO MAKE IT

Slice onions and fry in olive oil for about 10 minutes until they start going brown. Slice the peppers, removing the core and seeds, and add to frying pan. While the vegetables are cooking, slice the chicken into long slices, put on a plate and rub in the Cajun spice, and a little salt and pepper. When the onions and peppers are soft, remove from the pan. Add a little more olive oil and fry the chicken slices for about 10 minutes. Check they are cooked by cutting the biggest one in half. Mix the onions and peppers back into the pan.

Warm the tortillas in the oven (covered with foil to keep soft) and then serve the chicken and vegetables on the tortilla wrap.

TIP 😊

The best accompaniments are tomato salsa and guacamole. Soured cream and crisp lettuce are also excellent. You can grate some cheese on the top if you want.

