



MEXICAN FAJITAS

Ingredients for 2 portions

You'll need: chopping board, garlic crusher, knife, large frying pan

For the Spice Marinade

½ tsp ground cumin

½ tsp ground coriander

½ tbsp sweet smoked paprika

½ tsp garlic powder

½ tsp oregano

½ tsp salt

½ tsp black pepper

Pinch cayenne pepper or chilli flakes

2 tbsp olive oil

Juice of ½ lime

For the Fajitas

1 tbsp olive oil

1 chicken breast, thinly sliced (use tofu or chickpeas as a veg alternative)

½ onion

1 clove garlic, peeled and crushed

½ red pepper

½ yellow pepper

½ green pepper

Squeeze of lime

2 tortilla wraps

2 tbsp soured cream

Prepare The Ingredients First. Then Follow Steps 1 to 8.

Step 1



First combine all the marinade ingredients together in a bowl.

Step 2



Thinly slice the chicken breast or veg alternative and add to the marinade. Stir to coat the chicken with the mix.

Step 3



Peel and slice the onion.

Step 4



Cut the peppers in half. Remove the stalk and seeds. Slice thinly.

Step 5



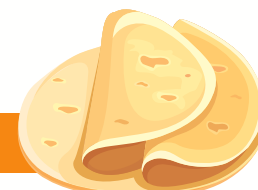
Heat a tbsp oil in a frying pan. Sauté the onion for 2 minutes.

Step 6



Turn up the heat. Stir in the chicken, including the marinade. Add the garlic and sliced peppers. Sauté, stirring the mixture all the time until the chicken is cooked. Add a squeeze of lime juice.

Step 7



Heat the tortillas in the microwave or in a hot, dry frying pan.

Step 8



Serve the chicken mixture in the wraps with a spoonful of soured cream and grated cheese.

