

# Fajitas

Serves: 4



Equipment:



Chopping board,  
knife,  
large frying pan,  
wooden spoon or spatula,  
tablespoon,  
teaspoon

Ingredients:



- 1 tsp. rapeseed oil
- 2 chicken breasts, sliced into 1cm strips
- 1 tsp. cumin
- 1 tsp. paprika
- 1 tsp. chilli flakes (optional)
- 1 onion, sliced
- 1 red and 1 green pepper, sliced
- 1 garlic glove, finely chopped
- 2 tbsp. tomato puree
- 4 wholemeal tortilla wraps
- 4 tbsp. low fat natural yogurt



Method:



1. Heat the oil in a 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 has browned.
3. Add the cumin, paprika, and chilli flakes (optional) to the pan and stir.
4. Add the paprika, cumin, chilli flakes (optional) and tomato puree to the pan and stir.
5. Add the sliced red and green pepper leave to simmer for 15 minutes on a low heat.
6. Meanwhile, heat the tortillas in the microwave for 10-15 seconds.
7. Lie the warm tortilla out flat and spoon the chicken mixture in a line down the centre
8. Spoon 1 tbsp. natural yogurt alongside the chicken mixture.
9. Fold up the bottom of the wrap to the centre, then fold the left and right sides inwards to seal. Enjoy with salad!