



20-25 mins

Allergens



WHEAT



MILK

Utensils



Frying pan



Measuring jug



2 x Chopping boards



2 x sharp knives



Spoon

You will need...



1 chicken breast



1 tsp rapeseed oil



100ml water



Fajita seasoning



2 wholemeal tortillas



1/2 red onion



1/2 red & green pepper



Sour cream

- 1 Turn the hob onto a medium/ high heat and pop a frying pan on top. Add the oil to the pan and allow to heat up



- 2 Chop the chicken breast **RAW MEAT** into thin strips



- 3 On a separate cutting board, cut both pepper halves into strips & slice the onions



Dinner Recipe Fajitas (Hob)

- 4 Add the chicken strips to the frying pan. Cook for about 6 minutes until golden brown



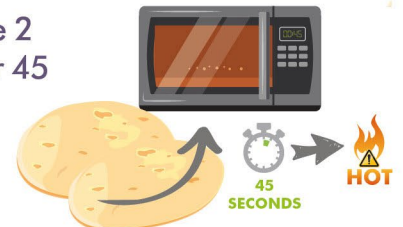
- 5 Add the peppers and onion to the pan and fry for 2 minutes



- 6 Add the seasoning to the pan along with 100ml water and mix well. Cook for 5 minutes



- 7 Microwave 2 tortillas for 45 seconds

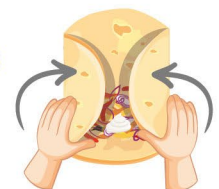


- 8 Add half the fajita filling mixture to each tortilla. Top with sour cream. Fold the tortillas as shown below

STEP 1
Put the mixture on the bottom half



STEP 2
Fold in both sides



STEP 3
Fold up the bottom whilst keeping the sides flat



Enjoy your dinner!

