

Spicy Chicken Fajitas

These spicy Mexican wraps make a tasty meal. They are ideal for events as you can prepare the fillings and invite people to make up their own and they are easy to eat 'on the go'!



Milk, sulphites and wheat (gluten)*

Nutritional information per portion (242g):

Energy	Fat	Saturates	Sugars	Salt
1259kJ 298kcal 15%	8.6g 12%	2.1g 10%	5.7g 6%	0.63g 10%

of an adult's reference intake.
Typical values per 100g: energy 520kJ/123kcal.

Equipment

Colander
Sharp knife x 2
(one for meat, one for vegetables)
Chopping board x 2
(one for meat, one for vegetables)
Garlic crusher
Measuring spoons
Wok or deep frying pan
Wooden spoon
Can opener
Metal spoon
Frying pan to warm the tortilla wraps (optional)

Ingredients

Makes 6 small fajitas
1 red pepper
½ red chilli OR ½ x 5ml spoon chilli powder
½ small lettuce
1 medium red onion
1 clove garlic
2 chicken breasts
2 x 15ml spoons vegetable oil
1 x 5ml spoon balsamic vinegar
1 x 400g can chopped tomatoes
1 x 5ml spoon tomato purée
2 x 5ml spoons dried oregano
Black pepper (optional)
6 flour tortilla wraps
4 x 5ml spoons reduced-fat crème fraîche OR soured cream

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Stir-frying needs to be done over a high heat, keep stirring all the time to ensure your food does not burn.
- Heat the tortillas in a dry frying pan for a few seconds on each side. Tortillas can also be heated in the oven or microwave. Check the pack for instructions.

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Method

1. Wash the red pepper, chilli (if using fresh) and lettuce.
2. Shred the lettuce.
3. Peel and chop the onion into long, thin ½cm wide strips.
4. Cut the red pepper in half, scoop out and discard the white pith and seeds. Cut the red pepper into long, thin strips.
5. Peel and crush the garlic.
6. Using a separate chopping board and sharp knife slice the chicken into thin strips. Now wash your hands after touching the raw chicken.
7. Finely chop the chilli (if using fresh). Wash your hands after touching the fresh chilli.
8. Heat the oil in a wok or a frying pan. Add the strips of chicken and stir-fry for 3 minutes. The chicken will turn from pink to white.
9. Add the fresh or powdered chilli and stir for 1 minute.
10. Add the garlic, onion and pepper and stir-fry for a further 3 minutes until they start to soften.
11. Add the balsamic vinegar and cook for a few seconds, then add the chopped tomatoes, tomato purée and oregano.
12. Add black pepper to taste, if using, and cook for about 4 minutes or until the mixture has thickened.
13. Heat the tortilla wraps in the frying pan according to the packet instructions.
14. Place some of the chicken mixture along the centre of each tortilla wrap, add some shredded lettuce and 1 x 5ml spoon soured cream.
15. Fold the bottom of the tortilla wrap over first, to hold the mixture in, and then fold in both sides.

Something to try next time

- Use guacamole as an alternative to crème fraîche or soured cream.
- You could add 6–8 mushrooms to the fajita mixture at step 10.
- For added vegetables, add 10 fresh cherry tomatoes, ¼ of a cucumber finely sliced and serve with the lettuce.

Prepare now, eat later

- Cool any cooked leftover fajita mixture quickly, cover and store in the fridge for up to 24 hours. Reheat only once until piping hot.

Skills used include:

Washing, measuring, peeling, chopping, crushing, mixing/combining, stir-frying and serving.