



DELICIOUS

FAJITAS

Fajitas were initially created at the end of the 1930s by Mexican ranch workers, located in Texas, who were sometimes paid in meat. The word Fajita has a Spanish origin from "Faja," which refers to girdle, hence the word Fajita means a "little strap."

INGREDIENTS

- 2 tbsp oil
- 2 tbsp Fajita seasoning
- 4x skinned chicken thighs
- 2 peppers
- 1 onion
- 1 whole iceberg lettuce, washed and drained
- Soured cream (optional)
- 8 tortilla wraps
- 200g grated cheese (optional)

ALLERGENS

- Milk
- Wheat

EQUIPMENT

- Plastic tub or bowl with lid
- Chopping board
- Knife
- Large frying pan
- Non-metal spoon
- Cheese grater



Cost per portion: £1.05

Serves: 4

STEP ONE: Prepare your ingredients. Slice the chicken breasts along the length, into small pieces. Cut the

peppers into thin slices. Chop the onion. Cut your lettuce into strips. Grate the cheese.



STEP TWO: Add chicken to a bowl with oil, fajita seasoning and a pinch of salt and pepper and mix well.

STEP THREE: Cover the bowl with a lid or cling film and put in the fridge for 30 mins.



STEP FOUR: Put a large frying pan over a medium/high heat. When the oil is hot, add the chicken with all of

the marinade, onion and peppers.



STEP FIVE: Cook for 10-15 mins, or until the chicken is cooked through.



STEP SIX: Divide the cooked chicken and vegetable mix between the 8 tortillas.

STEP SEVEN: Top with the sliced lettuce, cheese and sour cream.



STEP EIGHT: First fold the bottom up and then roll to seal the wrap and serve.



To make this dish vegetarian, you can use halloumi to substitute the chicken.
To make this dish vegan, you can use Quorn vegan chicken, vegan cheese and remove the sour cream.
To make this dish allergen free, you can remove the cheese and sour cream and also use lettuce leaves as an alternative wrap to the bread.