

Together We Cook

Chicken Fajita Wrap



Serves 2



Ingredients

	½ lime
	½ chilli
	1 clove garlic
	1 x 5ml teaspoon paprika



1 x 15ml tablespoon coriander



1 x 15 ml tablespoon oil



1 chicken breast



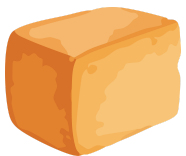
$\frac{1}{2}$ onion



$\frac{1}{2}$ red pepper



1 tomato



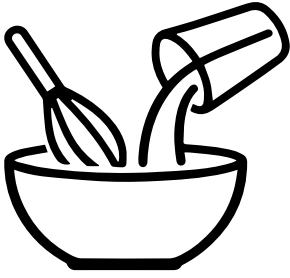
25g cheddar cheese (**dairy**)



2 wholemeal tortilla (**wheat**)



2 x 15ml tablespoons low fat natural yoghurt (**dairy**)

1		squeeze the juice from the lime peel and crush the garlic de-seed and chop the chilli chop the coriander mix with the paprika and oil:
2		Thoroughly wash hands before and after handling meat chop the chicken into strips on the red chopping board mix the chicken with the marinade, cover and leave in the fridge
3		On a clean chopping board: peel and slice the onion slice the pepper and tomato
4		Grate the cheese
5		Add the chicken to a hot wok Stir-fry for 4 minutes until white
6		Add onion and pepper and continue to stir until soft
7		Spread fajita mix on the tortilla Add tomato, cheese and yoghurt Roll up and eat!

Serving ideas



- Serve with a side salad
- Add some tomato salsa or guacamole to your wrap



Variations



1. Replace the chicken with some mixed beans. Mix with marinade and stir fry for 2 minutes in the frying before adding the other vegetables



Leftovers



- Cool and place the chicken mix in the fridge in a sealed box
- Reheat until very hot

