

Chicken Fajita Wrap



Equipment

Chopping board
Sharp knife
Juicer
Garlic crusher
Mixing bowl
Grater
Non-stick frying pan
Heat resistant spatula

Ingredients (serves 2)

½ lime
½ chilli
1 clove garlic
1 x 5ml teaspoon paprika
1x15ml tablespoon fresh coriander
1x15ml tablespoon oil
1 chicken breast (or 3-4 chicken thighs)
½ onion
½ red pepper
1 tomato
25g cheddar cheese (**dairy**)
2 wholemeal tortilla (**wheat**)
2x15ml tablespoon reduced-fat natural yogurt (**dairy**)

Method

1. To prepare the marinade, juice the lime, peel and crush the garlic, de-seed and slice the chilli, chop the coriander then add the paprika and oil and stir everything together.
2. Thoroughly wash and dry hands before and after touching the raw meat. On a chopping board, remove any gristle from the chicken and cut into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
 - Peel and slice the onion
 - De-seed and slice the pepper
 - Chop the tomato
4. Grate the cheese
5. Add the marinated chicken to a hot wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked, it should be white in the middle when cut, not pink.
6. Add the onion and green pepper and continue to cook for a further 2 minutes until soft.
7. Spread a little of the fajita mix in the centre of the tortilla, add some tomato, cheese and the natural yogurt and then roll up.

Together We Cook

	Serving Ideas Serve with a small bowl of washed lettuce, cherry tomatoes, sliced cucumber and a spoonful of your favourite salad dressing, for example mayonnaise or balsamic dressing Add some tomato salsa or guacamole to your wrap.
	Variations 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.