

Spicy Chicken Fajitas

Let's get
cooking

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



Dairy and Wheat

Made it? Rate it!



Equipment

Colander
Sharp knife x 2
Chopping board x 2
Garlic crusher
Measuring spoons
A wok or deep frying pan
Wooden spoon
Can opener
Metal spoon
Frying pan, microwave or oven to warm the tortilla wraps

Ingredients

Makes 6 small fajitas

1 red pepper
½ red chilli or ½ x 5ml spoon chilli powder
½ small lettuce
1 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 puree
2 x 5ml spoons dried oregano
Freshly ground black pepper
6 flour tortilla wraps
4 x 5ml spoons soured cream or low-fat crème fraîche



10 Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.
Skills used : 1, 4, 5, 6a, 7b,f, 8b, 9e, 10f, 12k.



Spicy Chicken Fajitas

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 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).
8. Heat the oil in a wok or a frying pan. Add the strips of chicken and stir-fry for three minutes. The chicken will turn from pink to white.
9. Add the fresh or powdered chilli and stir for one minute.
10. Add the garlic, onion and pepper and stir-fry for a further three minutes until they start to soften.
11. Add the balsamic vinegar and cook for a few seconds, then add the chopped tomatoes, tomato puree and oregano.
12. Season with black pepper and cook for about four minutes or until the mixture has thickened.
13. Heat the tortilla wraps 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.

Top tip

Stir-frying needs to be done over a high heat, keep stirring all the time to ensure your food does not burn.

Something to try next time

- Use low-fat crème fraîche or guacamole as alternatives to soured cream.
- You could also add mushrooms to the fajita mixture, sautéed lightly with the onion and red pepper.
- Add some fresh, chopped cherry tomatoes or thinly sliced strips of cucumber with the lettuce to increase the number of vegetable portions.



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