

Fajitas or hot wraps with or without chicken



• Ingredients

- 1 small onion or ½ large onion
- 1 clove garlic
- ½ red or green pepper (or ¼ red and ¼ green pepper)
- 1 chicken breast (or 2 tablespoons red kidney beans)
- ½ red or green chilli
- 10ml spoonful vegetable oil
- ½ tsp paprika
- ½ tsp cumin
- **To serve**
- ½ lime,
- coriander leaves
- 1 tomato
- 25g cheese
- 2 tortillas

Method

1. Halve and deseed your pepper and cut it into thin strips
2. Peel, halve and finely slice your onion. Peel and chop the garlic into small dice.
3. Deseed your chilli and finely chop, the larger the pieces the hotter it will be
4. Slice your chicken lengthways into long thin strips. Wash your hands, knife and chopping board after handling raw chicken. This prevents cross contamination.
5. Put the oil into a mixing bowl. Add the sliced vegetables and chicken. If using kidney beans instead of chicken add them to the bowl. Add the paprika and cumin. Stir to coat the meat and vegetables in oil and spices. At this stage you can add a squeeze of lime juice and some chopped fresh coriander leaves, saving some to serve.
6. If using tomato and cheese to serve, chop the tomato and grate the cheese on a clean chopping board. This is to avoid cross contamination.
7. Heat a wok or non stick frying pan. You do not need to add oil.
8. When the pan is hot add the chicken and vegetables and stir fry until the chicken is cooked through – white in the middle. Vegetables should still have some crunch.
9. Spoon the hot mixture into the middle of each tortilla. Add a squeeze of lime and chopped fresh coriander, plus chopped tomato and cheese if using, wrap the tortilla up into a roll or fold over the bottom and bring the other 2 sides together to form a wrap open at one end.
10. Serve with guacamole or sour cream.