

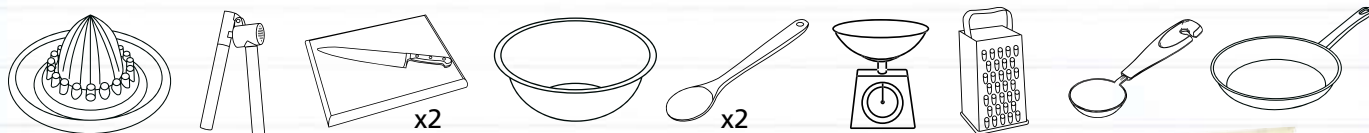
Fajitas



Ingredients

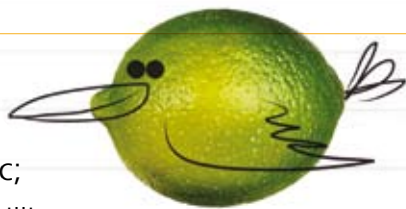
½ lime	½ green pepper
1 clove garlic	1 tomato
½ green chilli	25g Cheddar cheese
Small bunch coriander	2 tortillas
1 x 10ml spoon oil	1 x 15ml spoon guacamole or salsa (optional)
1 small chicken breast (or 3-4 thighs)	
½ onion	

Equipment



Method

1. Prepare the marinade:
 - squeeze the lime;
 - peel and crush the garlic;
 - de-seed and slice the chilli;
 - chop the coriander;
 - stir everything together with the oil.
2. Remove any skin from the chicken and cut the meat 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:
 - slice the onion and green pepper;
 - chop the tomato;
 - grate the cheese.
5. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
6. Add the onion and green pepper and continue to cook for a further 2 minutes.
7. Warm the tortillas in a microwave oven for 20 seconds, then lay flat on a plate.
8. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.



Top Tips

- Swap the chicken for extra vegetables or kidney beans for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.

Skills

- Using the hob ✓
- Handling and marinating raw meat ✓
- Stir-frying ✓
- Using the grater ✓
- Weighing and measuring ✓
- Combining ingredients together ✓
- Preparing a selection of vegetables ✓