

Let's get cooking with

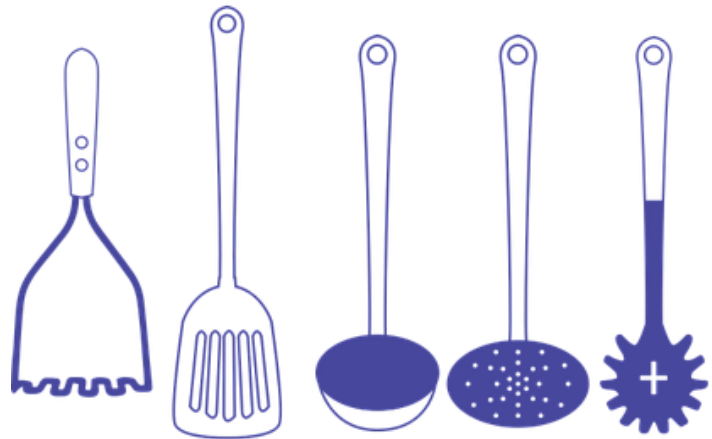


Healthworks
the community health charity

Chicken Fajitas

What you need:

- 6 tortilla wraps
- 2 large chicken breasts
- 1 onion
- 10 mushrooms
- 1 yellow pepper



For the spice mix:

- 1/2 tsp cayenne pepper
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1 clove of garlic

How to prepare:

- Slice the chicken, mushrooms, pepper, onion and garlic.
- Dry fry the chicken in a frying pan.
- Add the spice mix and garlic and fry for a few minutes.
- Add the mushrooms, peppers and onion to the pan.
- When cooked remove from the heat
- Top the tortilla wraps with chicken mixture and serve.

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk