

Let's get cooking with



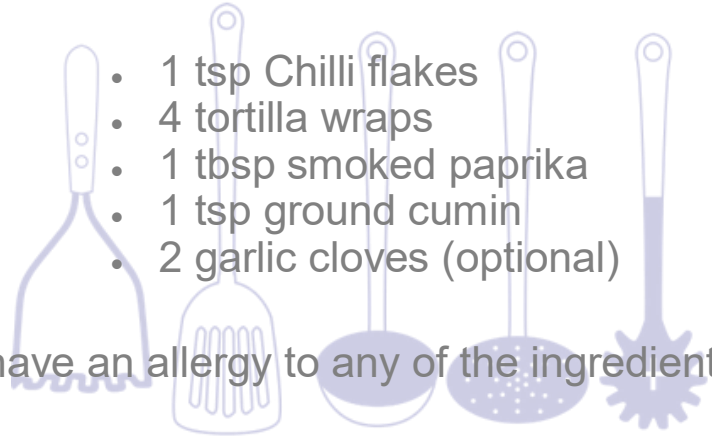
Healthworks
the community health charity

Easy Chicken Fajitas

What you need:

- 2 chicken breast, sliced
- 1 red onion, sliced
- 1 red pepper, sliced

- 1 tsp Chilli flakes
- 4 tortilla wraps
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 2 garlic cloves (optional)



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

1. Heat oven to 200C/180C Fan/ Gas 6
2. Wrap tortillas in foil and place in oven
3. Mix all marinade ingredients together in a bowl
4. Add chicken slices and coat
5. Heat up frying pan and add chicken mixture, keep turning with tongs on the high heat until charred
6. Check to make sure chicken is cooked through, take tortillas out oven and fill with mixture
7. Add toppings and serve

Top tip/s:

- You could use cooked frozen chicken for a quick healthy meal or substitute for Quorn
- Top with grated cheese, salsa, sour cream or guacamole
- This dish goes nice with rice
- Or change the chilli for 1 tbsp. of smoked paprika, 1 tsp cumin and some garlic to taste

Enjoy!

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