

Difficulty:
Easy



Chicken fajitas

Time:
30 minutes



Allergens: gluten, milk

What is it?

Traditionally this is a dish made by Mexican ranch workers living in West Texas. Nowadays people all over the world take to their kitchens to make the meal their own, customising it with tasty toppings like sour cream, guacamole and cheese!

AVERAGE COST
PER PERSON

£1.46

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Self raising flour	300g	450g	600g
Chicken breast	2	3	4
Peppers	2	3	4
Onion	1/2	1	2
Paprika	1 tsp	1 tsp	1 tsp
Coriander	2 sprigs	2 sprigs	2 sprigs

You will also need some tap water (75ml per person)

Kit list:

- Mixing bowl
- Frying pan

Make it your own!

If you wanted to fill out these wraps even more, try adding some mushrooms to your peppers and chicken while cooking. Top your wraps with cheese, salsa or guacamole for the full experience!

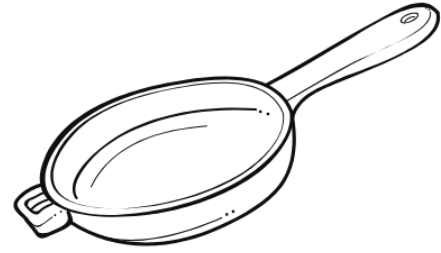
Celebrate Family
Food

Charity no.
1125784

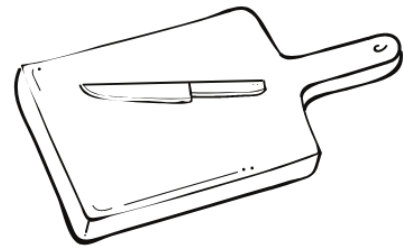


What to do:

Step 1: Make your flatbread wraps: put the flour (saving a little bit for later) into a large bowl, and add the water a tiny splash at a time. Knead the dough (use your hands to work the dough until the ingredients are all well combined). If it's too sticky, add more flour, or if it's too dry, and more water. Only add a small amount of each at a time to avoid going round in circles! Keep kneading the dough for about 5 minutes and then roll into a ball (this part is a great opportunity for any children helping to get their hands nice and messy!)



Step 2: On a clean surface, sprinkle a little bit of flour and then roll out each ball of dough one at a time with a rolling pin (the flour stops the dough from sticking to the surface). Make sure that you roll them out nice and thin so that they can be used to wrap up your fajita mix later! Heat a large frying pan on the hob. Cook each flatbread wrap for about 2 mins on each side and then transfer onto a clean tea towel to rest (use a tea towel rather than a plate to avoid a soggy bottom!)



Step 3: Slice the chicken into strips and put in a frying pan with a little oil until the chicken starts to seal (cook on the outside but not cooked all the way through). This should take around 5-10 minutes, stirring so that nothing burns.

Step 4: Slice the peppers and onions and add to the pan with the chicken. Stir gently and turn the heat up to cook with more intensity.

Step 5: Add the paprika and cook for another 10 minutes, making sure that the chicken is cooked all the way through (check by cutting into the thickest piece and checking that there is no pink meat).



Serve: Grab your flatbread wraps from earlier, and lay them on your plate. Spoon your fajita mix into the middle and sprinkle with chopped coriander). Wrap up and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!

