

CHICKEN FAJITAS



QUICK

15 - 20 mins

HEALTHY

Chicken is a good source of Niacin and Selenium and a very good source of Protein.

FAMILY

Feeds 5
(2 thighs each)

MEALS

You have everything you need for a complete meal here

INGREDIENTS

1 tsp each of:-

- Salt,
- Smoked paprika
- Garlic granules
- Dried oregano

½ tsp Chilli powder (or ¼ if you don't like it too spicy)

- 8 chicken thighs
- 3 peppers 1 red, 1 green, 1 yellow
- 4 onions
- 5-10 wholemeal tortillas or Romaine lettuce
- 2 avocados
- 12 cherry tomatoes
- 1 small red onion
- 2 limes
- Salt

METHOD

- 1) Slice your peppers and onions
- 2) In a large frying pan, heat your oil and add the vegetables – cook over a medium heat so they caramelise
- 3) Mix all of the spices together
- 4) Slice the thighs and mix with the spices
- 5) In another large frying pan, heat 1 tbs oil then fry the chicken
- 6) Whilst that is all cooking, mash your avocado, dice your onion and tomatoes, add lime juice and mix together – taste – add salt if needed
- 7) When the chicken is cooked and the peppers and onions are nicely browned...
- 8) Lay chicken, guacamole and pepper/onion mix in a line down the centre of a fajita or lettuce leaf
- 9) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com