Fajitas

Ingredients

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

Equipment

Chopping boards, 2 knives, juicer, garlic press, mixing bowl, grater, wok or saucepan, measuring spoons, weighing scales, 2 metal spoons.

Method

1. Prepare the marinade:

- squeeze the lime;

- peel and crush the garlic;

- de-seed and slice the chilli;

- chop the coriander;

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- stir everything together with the oil.

2. Remove any skin from the chicken and cut into strips. Mix with the marinade and place in the fridge, covered, until needed.

3. Prepare the remaining ingredients with a fresh 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 saucepan 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. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

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