

# Chicken Fajita's

## Marinade

1/2 lime  
1 garlic clove  
1 tbsp oil

1/2 chilli  
Handful of coriander

## Filling

2 chicken thighs/1 breast  
1 small onion  
1/2 pepper

## To Serve

1 tomato  
25g cheese  
4 tortilla wraps

1

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2



Grate/finely chop the garlic, chop the chilli and the coriander and stir everything together with the oil.

3



Squeeze the lime and stir the garlic, chilli and coriander together with the oil. This is the marinade.

4



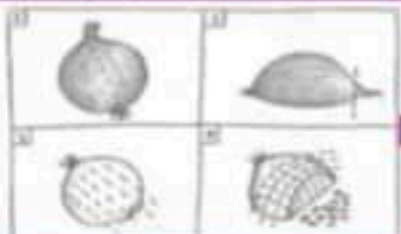
On a red board, slice the chicken into strips and then dice. Add to the marinade and stir.

5



Add the diced chicken to the marinade and stir.

6



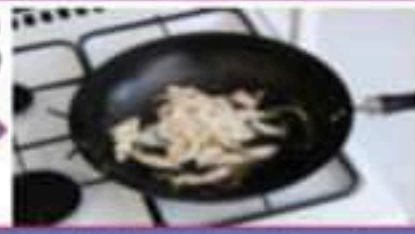
Dice the onion - remember to leave the root on!

7



Dice the pepper - use your thumb to pull out the stalk and seeds

8



Place 1 tbsp oil in the wok, add in the marinated chicken and cook on a low/medium heat

9



Stir-fry for about 4 minutes. Check that the chicken is cooked.

10



Add the onion and green pepper and continue to cook for a further 2 minutes.

11



Dice the tomato and weigh out 25g of cheese

12



Spread a little chicken in the centre of the tortilla, add some tomato, cheese and mayonnaise/salsa, then roll up.